

BE HAPPY ME

Most of us find ourselves feeling low, worried, fearful or distressed at some time in our lives. There can be many reasons for this, for example:

- Life events, such as bereavement, separation, divorce, unemployment or redundancy
- Physical ill-health or disability
- Relationship difficulties
- Feeling overwhelmed by work or work problems
- Coping with being a parent or carer
- Difficulties in coping with the after effects of traumatic events
- No one reason - life can just be difficult sometimes

The BeMe team offer a range of services to people experiencing common mental health problems such as anxiety and depression. We are part of the Cornwall Partnership NHS Foundation Trust and offer help to anyone over the age of 16 who needs

How to make a referral

The easiest way to access BeMe is to self refer by telephone on 01579 373700.

Alternatively fill in the attached referral form and post to us or search online for BeMe Cornwall.

If you wish to talk to your GP about your difficulties, your GP can refer you to BeMe. Other health and social care professionals are also able to refer you.

What happens next?

A member of the BeMe team will talk with you about the difficulties you are facing and the services that BeMe can offer you.

Your BeMe practitioner will help you understand the treatment options available including individual work and the range of courses and groups that are available. These include:

- Cognitive Behavioural Therapy (CBT)
- Counselling for depression
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Interpersonal Therapy (IPT)
- Dynamic Interpersonal Therapy (DIT)

BeMe courses include mindfulness, tackling anxiety, overcoming depression and stress control.

If you need an appointment outside usual working hours, we will do our best to arrange this.

Referral form

Your details

Name _____

Date of birth _____

Address _____

Postcode _____

Home phone _____

Mobile _____

OK to contact (Please tick as appropriate)

by phone

leave answer phone message

by letter

Reason for Referral



Other information - Please give details of any identified risk issues (e.g. risk of harm to self or others, child protection issues, current or historical risk)

Current medication

Previous / current involvement with other services (e.g. mental health services, probation)

GP Practice

Referrer's Details (if appropriate)

Referrer's name

Job Title

Organisation

GP Practice

Date of referral

Return form to

BeMe, Trevillis House, Lodge Hill, Liskeard PL14 4EN



BeMe is not suitable for

- People with high levels of risk of harm to themselves or others
- People who are current clients of secondary care mental health or specialist services, such as CMHT, AOS or Eating Disorder Service
- People who have current severe and enduring mental health needs and as such require referral to Secondary or specialist services.

People with the above difficulties are more appropriately referred to secondary care mental health services, alcohol / drug services or eating disorder services.

If you feel you're at high risk to yourself or others, please contact your GP immediately.

BeMe
Trevillis House
Lodge Hill
Liskeard
PL14 4EN

T 01579 373700
F 01579 342546
E Be.Me@nhs.net

Search online for
BeMe Cornwall



a positive space
to **talk** about
depression, anxiety,
worry, ocd phobias,
panic, trauma
and stress

B|E
M|E A mental well-being service from the
Cornwall Partnership NHS Foundation Trust
www.cornwallfoundationtrust.nhs.uk