



## **Invicta Health – Primary Care Mental Health Specialists (PCMHS)**

18+ years

[invictahealth.mentalhealthreferrals@nhs.net](mailto:invictahealth.mentalhealthreferrals@nhs.net) or **0800 242 5199 (option 1)**

A PCMHS is a registered health professional who is trained to help you to understand, cope with and overcome mental health and emotional problems.

The service provides a full mental health assessment, treatment plan and short term follow up or refers onward to the most suitable service such as the Community Mental Health teams (CMHT), NHS talking therapies (IAPT) or Live Well Kent.

Referrals can be made by GPs and other organisations including Live Well Kent, IAPT services and CMHT as part of the step-down service.

Patients with mental health needs including depression, anxiety and mood disorders can be referred to the service where additional support is required within the primary care setting.

We accept patients who are aged 18 and over. We also accept patients aged 16 + who are currently under NELFT and due to transition out of the service back to the care of the GP.