



Invicta Health – Primary Care Mental Health Specialists (PCMHS)

18+ years

Primary Care Mental Health Specialist service for patients in primary care with mental health needs including depression, anxiety and mood disorders

Referrals can be made by GPs and other organisations including Live Well Kent, NHS talking therapies and Community Mental Health teams.

Staff are trained to help understand, cope with and overcome mental health and emotional problems and offer:

- a full mental health assessment
- treatment plan
- short term follow up
- referrals to Community Mental Health Teams, NHS talking therapies or Live Well Kent

For existing patients, reviews are held on the phone with ongoing support offered by phone or video. New patients will be screened within 48 hours, with first assessments carried out by phone. We will only see patients in clinical settings or at home in exceptional circumstances.

Please refer to us at invictahealth.mentalhealthreferrals@nhs.net or on **0800 242 5199 (option 1)**