

People Experiencing Mental Health Conditions

At Crystal Peaks Medical Centre, we pride ourselves on providing high quality proactive care to our patients experiencing either acute or enduring mental health problems/ conditions.

We liaise closely with our Talking Therapies Team (previously IAPT) who run clinics here at the surgery. Patients with high anxiety levels find it comforting visiting a surgery they are familiar with rather than travelling to an unknown location. We also have access to refer our patients into the Primary Care Mental Health Team. As well as this our network offers a Listening Service.

If you are attending the surgery for a routine appointment and find coming to the surgery a difficult task, please inform reception who will try to book you into the first available or last appointment slot or provide you with a separate room upon arrival if available.

We also find liaising with relatives is very important in dementia care, especially when they are geographically distant; we always log their details on the patient record and involve them whenever appropriate, given appropriate patient consent, keeping them updated on developments. If you feel this would be of benefit to a family member or you care for a person with dementia and would find this service useful, please contact reception who will give you more information on how this can be done.

Please see below relevant links that you may find useful if you experience poor mental health:

Sheffield City Council
www.sheffielddiapt.shsc.nhs.uk/

Sheffield Mental Health Guide
<http://sheffieldmentalhealth.org.uk/>

Alzheimer's Society
<https://www.alzheimers.org.uk/>

Dementia Café

[Dementia Café – information and advice for people in a relaxed setting | Alzheimer's Society \(alzheimers.org.uk\)](http://www.alzheimers.org.uk/dementia-cafe)