

What can the Mental Health Access Team offer?

We offer individual and group treatment with Community Mental Health Nurses, Cognitive Behavioural Psychotherapists, Psychological Wellbeing Practitioners and Counsellors.

We can also offer Computerised Cognitive Behavioural Therapy (CCBT), a self-help book collection, StressPac group and we can signpost you to other local services if requested.

Health care services have a legal responsibility to keep accurate records related to your care and treatment, whether these are written or electronic, and to store these securely. Records will only be shared with your permission or if we have concerns related to risk or by legal requirement.

How can I contact the service?

Call **01226 707 600** to speak to a duty co-ordinator who will be able to give you information and advice about the next steps

If you are interested in helping to improve our service further then please contact the manager on **01226 707600**.

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South West Yorkshire Partnership 
NHS Foundation Trust

**MENTAL HEALTH
ACCESS TEAM**

MHAT

**sleep problems? • panic?
anxious? • depressed?**

call

01226 707 600

For more information about the help
and treatment on offer



With all of us in mind

Have you been feeling...

- Down/low
- Tired or having trouble sleeping
- Moody
- Stressed
- Worried
- Panicky
- Anxious
- Unmotivated or nothing seems fun anymore
- Tearful
- Fearful
- Avoiding friends/family/places

If so, then the Mental Health Access Team may be able to help you. Our aim is to provide the help and treatment you need, and to help you understand the issues you are experiencing.

Would this benefit me?

Our mental health is just as important as our physical health, and we should never feel embarrassed to seek help and treatment when we need it.

All of us experience emotional distress at some points in our lives. Sometimes we may struggle to manage this on our own. Problems like feeling down, stressed or worried can make it difficult to cope with everyday life.

The World Health Organisation report that one in four people will visit the GP every year to seek help for a mental health problem.

MENTAL HEALTH ACCESS TEAM

Helpful contacts and organisations

Mental Health Access Team
Cudworth, Barnsley S72 8UA
01226 707 600

NHS Direct
24hr Emergency Help Line - 111
www.nhsdirect.nhs.uk

Mind 01226 211 188

'Pathways' Domestic Violence
01226 731 812

Barnsley Sexual Abuse & Rape Crisis Line
01226 298 560

BEAT Eating Disorders Help Line
(Adult) 0845 634 1414
(Youth Line) 0845 634 7650

Samaritans 0845 790 9090

Citizen Advice Bureau 0844 4111 444