

Make the correct mental health referral

NHS Talking Therapies ([Steps2Wellbeing](#)) and Community Mental Health Teams provide different services to patients with mental health symptoms.

It's important to make the correct referral so that patients are directed to the most appropriate service.

Please refer to **either** Steps2Wellbeing **or** CMHT – multiple referrals can cause a delay in treatment.

Referrals to CMHT

CMHTs provide care, advice and information for people aged over 18 with significant mental health problems such as:

- schizophrenia and psychosis
- severe and complex depression
- affective disorders such as mania, bipolar affective disorder
- bipolar depression

Please note, for suspected first episodes of psychosis please refer to the early intervention psychosis service [here](#).

Referrals can also be made for significant severe anxiety disorders, post-traumatic stress disorder and obsessive-compulsive disorder which have not responded to previous appropriate treatment where there is a severe impact on level of functioning.

For more information, please [click here](#).

Referrals to Steps2Wellbeing

Steps2Wellbeing is an NHS Talking Therapies service for adults over 18, registered with a GP in Dorset and Southampton City.

The service is for patients who have symptoms of

- Depression and/or anxiety
- post-traumatic stress disorder (PTSD)
- health anxiety, generalised anxiety disorder, social anxiety disorder
- obsessive compulsive disorder (OCD)
- agoraphobia and other phobias
- body dysmorphic disorder
- panic disorder

Steps2Wellbeing can offer an assessment within 28 days and several treatment interventions can be accessed within a matter of weeks, with self-help interventions and signposting offered to those waiting on longer lists.

Referrals will not be accepted for patients whose primary difficulty is a serious mental illness or those who require multi-disciplinary support.

[Please visit our website for more information.](#)

Please note both services use their clinical discretion when assessing referrals, to ensure that they are the best service to safely meet the patient's needs. This means that sometimes there may be reasons to decline a referral.

If you would like someone from Steps2Wellbeing to attend a practice or PCN meeting to discuss the service in more detail and provide data on how we have helped your patients, [please get in touch.](#)