



### **What they do**

- They help patients with mild to moderate mental health issues, such as anxiety, depression, low self-esteem and PTSD.
- They also offer courses to help with stress control, anxiety etc., and run an online treatment service called Silvercloud that has a number of resources.
  - o You do not have to be referred by the GP to access Silvercloud or book onto a course.

### **How to refer**

- Please be advised that you cannot self-refer over the telephone.
- Paper referral forms can be collected from reception or emailed to you.
- Online at [www.healthinmind.org.uk](http://www.healthinmind.org.uk)
  - o The best and quickest way
- Please add as much information to the referral as possible as this will make the process quicker.