**Single Point of Access – Assessment Decision Process**

**Same Day (within 24 hours of referral)**

Suggests that the patient is likely to require:

* admission to an acute psychiatric ward or access to OR
* immediate 24hr/7 day crisis intervention (by home treatment services) as
* patient is in an acute psychiatric crisis
* risk of significant or repeated self-harm or suicide

**If uncertain, please contact your local Home Treatment service for further advice**

**First Episode/Emerging Psychosis (within 7 days of referral)**

Where it is felt the patient is exhibiting early symptoms of psychosis, which are often difficult to define or indeed uncover and may include:

* poor sleep, panic, mood changes
* social withdrawal, isolation, loss of job,
* broken relationships.
* early psychotic thinking such suspicion, mistrust or perceptual changes.

Be prepared to keep a watching brief. Follow up a missed appointment. Take family

concerns seriously; they can often provide important clues

If uncertain, please, do not dismiss change as adolescence or due to substance misuse, refer for assessment.

**Routine Assessment for treatment (within 7 weeks of referral)**

For all other referrals, that do not fit within the above two categories, but require assessment by secondary mental health services or who do not meet the criteria for access to Healthy Minds Services, to include:

* severe depression, anxiety, PTSD
* relapse in psychosis/bipolar
* severe personality disorders

**Referral to Birmingham Healthy Minds (residents with Birmingham GP only)**

**For patients experiencing one or more of the following common mental health problems**:

* Depression, mild-moderate, moderate-severe
* panic disorder
* post-traumatic stress disorder (PTSD)
* generalised anxiety disorder (GAD)
* anxiety or stress
* obsessive compulsive disorder(OCD)
* social anxiety or social phobia
* specific phobia.

**Patients referred to BHM should be** **presenting with low or no risk and should be motivated to engage with psychological interventions.** **BHM is not able to offer a diagnostic service or prescribe medication.**

**Please note BHM is not suitable for patients with a diagnosis of personality disorder.**

**Discussion and/or advice only**

If you need to discuss a referral before requesting a formal assessment or just need some advice – please feel free to contact your local CMHT asking for the duty worker or your local Consultant Psychiatrist, alternatively, please contact single point of access and ask for the duty worker.