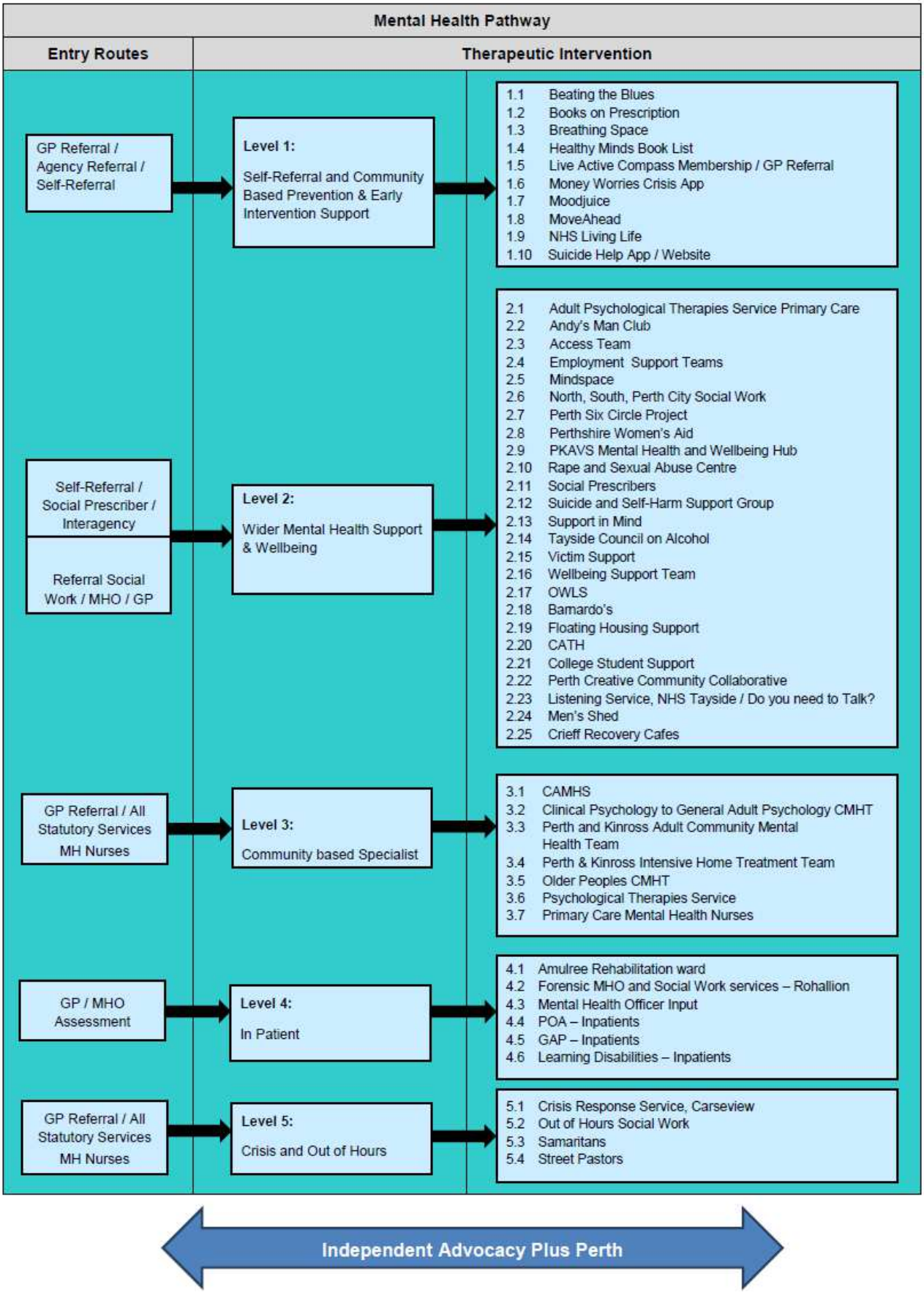
Mental Health Pathway
Entry Routes
Therapeutic Intervention
GP Referral / Agency Referral / Self-Referral
Level 1:
Self-Referral and Community Based Prevention & Early Intervention Support
1.1 Beating the Blues
1.2 Books on Prescription
1.3 Breathing Space
1.4 Healthy Minds Book List
1.5 Live Active Compass Membership / GP Referral
1.6 Money Worries Crisis App
1.7 Moodjuice
1.8 MoveAhead
1.9 NHS Living Life
1.10 Suicide Help App / Website
Self-Referral / Social Prescriber / Interagency
Referral Social Work / MHO / GP
Level 2:
Wider Mental Health Support & Wellbeing
2.1 Adult Psychological Therapies Service Primary Care
2.2 Andy's Man Club
2.3 Access Team
2.4 Employment Support Teams
2.5 Mindspace
2.6 North, South, Perth City Social Work
2.7 Perth Six Circle Project
2.8 Perthshire Women's Aid
2.9 PKAVS Mental Health and Wellbeing Hub
2.10 Rape and Sexual Abuse Centre
2.11 Social Prescribers
2.12 Suicide and Self-Harm Support Group
2.13 Support in Mind
2.14 Tayside Council on Alcohol
2.15 Victim Support
2.16 Wellbeing Support Team
2.17 OWLS
2.18 Barnardo's
2.19 Floating Housing Support
2.20 CATH
2.21 College Student Support
2.22 Perth Creative Community Collaborative
2.23 Listening Service, NHS Tayside / Do you need to Talk?
2.24 Men's Shed
2.25 Crieff Recovery Cafes
GP Referral / All Statutory Services MH Nurses
Level 3:
Community based Specialist
3.1 CAMHS
3.2 Clinical Psychology to General Adult Psychology CMHT
3.3 Perth and Kinross Adult Community Mental Health Team
3.4 Perth & Kinross Intensive Home Treatment Team
3.5 Older Peoples CMHT
3.6 Psychological Therapies Service
3.7 Primary Care Mental Health Nurses
GP / MHO Assessment
Level 4:
In Patient
4.1 Amulree Rehabilitation ward
4.2 Forensic MHO and Social Work services – Rohallion
4.3 Mental Health Officer Input
4.4 POA – Inpatients
4.5 GAP – Inpatients
4.6 Learning Disabilities – Inpatients
GP Referral / All Statutory Services MH Nurses
Level 5:
Crisis and Out of Hours
5.1 Crisis Response Service, Carseview
5.2 Out of Hours Social Work
5.3 Samaritans
5.4 Street Pastors
Independent Advocacy Plus Perth