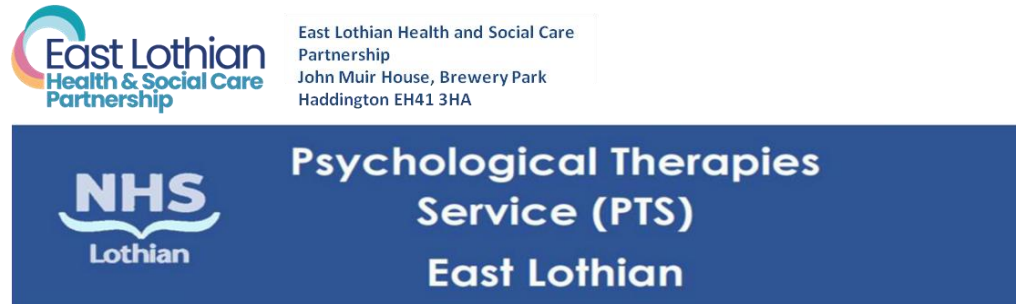


# East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS



This list outlines an array of services offering adult mental health support and psychological input for East Lothian residents, offered by NHS Lothian, East Lothian Council, Health and Social Care Partnership, and third-sector organisations. Many of these are specialist NHS Psychology services which do not accept self-referrals, unless stated otherwise.

The East Lothian Psychological Therapy Service is therefore a point of onwards referral for patients in need of specialist psychological input.

It is noted in 'referral information' when other services such as the NHS CWIC -MH ('Care When It Counts'-Mental Health) Team can refer patients to services.

An array of community and NHS services accessible via self-referral, as well as referrals by third party, can be found in the 'East Lothian Adult Mental Health Resource List – Self-Referrals'.

This document includes services available across the East, Mid, West Lothian, and Edinburgh which accept referrals from East Lothian residents. The list of resources is not exhaustive.

This document does not include extensive resources for Older Adult Mental Health, nor Psychiatric services..

# East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

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## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

### East Lothian - NHS and Council Services/Health and Social Care Partnership

#### Adult Mental Health (NHS Lothian)

Service	Description / Support	Who for?	Further Information	Referral Information
Arts Psychotherapies <i>(East Lothian Community Hospital, Haddington)</i>	Groups and individual work involving music or arts participation	For adults (aged 18-65) who do not find words accessible, or helpful when describing or understanding emotional experiences.	Arts Psychotherapies can be useful for patients experiencing mental health difficulties such as anxiety, depression, psychosis or distress due to illness, communication, traumatic experiences or loss. Using the arts form in building a therapeutic relationship can be used to express feelings and emotions that are difficult to say in words, to explore patterns of relating, and facilitate positive change.	Referral via Adult Mental Health team including CWIC-MH, CMHT and PTS.
Community Mental Health Team (CMHT) <i>(East Lothian Community Hospital, Haddington)</i>	Assessment; care planning and treatment; co-ordination of multi-agency support and follow up. A range of therapeutic options supported by Psychiatry, Community Psychiatric Nurses, Social Workers, Occupational Therapists, Physiotherapists, peer support workers, and	Adults aged 18-65 living in East Lothian, presenting with complex and/or moderate-severe mental health problems	Community Psychiatric Nurses (CPN) - provide support to people through difficult periods of their mental ill health including monitoring patients' mental health; supporting medication concordance; offering information, and advice to collaboratively develop a "care plan," to support patients in managing their mental wellbeing. Often a first point	Referral via GP; health and social care worker.

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

	Mental Health support workers.		of contact for the patient if they are becoming unwell. Offer short- and long-term support depending on clinical need.	
Intensive Home Treatment Team (IHTT) <i>(East Lothian Community Hospital, Haddington)</i>	IHTT triage all urgent/emergency referrals who may require intensive support and are at risk of being admitted to hospital.  IHTT assess people if they present as risk to themselves, and support people in the community to prevent hospital admission. They also support early admission from hospital with intensive community support.	Adults 18+ (no upper age limit) residing in East Lothian, who are experiencing an acute mental health crisis or functional illness (not dementia).	If appropriate IHTT will assess the person – for the first appointment this is usually in a clinical setting, but ongoing appointments may be at home if suitable. The person will have a mental health assessment to explore the best treatment options and agree a plan. The referrer will be informed of the outcome of this assessment promptly.	Referral via GP; health and social care worker.  Operate from 8am to 12 midnight, all days including weekends. From 12 midnight to 8am all urgent/emergency cases will be seen in the MHAS suite at the Royal Edinburgh Hospital.
Psychological Therapy Service (PTS) <i>(East Lothian Community Hospital, Haddington)</i>	Psychological assessment, therapy and consultancy. PTS offer individual treatment, and group psychological therapies for a range of presentations, working in a trauma informed way.  All Psychologists and	Adults (aged 18-65*) living in East Lothian, presenting with complex and/or moderate-severe mental health problems who are motivated to engage psychological therapy. *No upper age	PTS offers formal neuropsychological assessment, including memory screening and level of functioning assessments.  PTS co-facilitate the Wellbeing Resource Hub – a drop-in space open to the public and referrers to learn about available mental health resources in East Lothian (Every Wednesday from 12-2pm at the	Referrals via relevant health and social care teams including CMHT, CWIC-MH, social work, and GP.

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

	Psychological Therapists are trained in Cognitive-Behavioural Therapy. Other models include Compassion-Focussed Therapy, Cognitive Analytic Therapy, and Eye Movement Desensitisation and Reprocessing Therapy.  Groups include Survive and Thrive, Nurture and Beyond Trauma	limit for group interventions.	entrance of ELCH).	
<b>Children and Adolescent Mental Health Services (CAMHSS, NHS Lothian)</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
CAMHS <i>(The Esk Centre, Musselburgh)</i>	Mental health services for young people and adolescents. Specialist assessment/intervention as part of a tiered system, which can include consultation and advice prior to referral, and assessment appointment to establish clinical need and priority status.	Young people from birth to 18 years of age and their parents or carers.	Services include The Child Learning Disability Service; Early Years and Intensive Treatment Services; The Paediatric Psychology and Liaison Service (PPALS); Inpatient.	Health and social care workers including GP, health visitors, social workers or schools.  For referrals aged less than five years, it is recommended to meet with the Health Visitor, Public Health or School Nurse in the first instance.  Further information: <a href="https://www.nhs.uk/healthvisitors/child-adolescent-mental-health-services/">Referral Information – Child and Adolescent Mental Health Services (nhslothian.scot)</a>
<b>Digital Interventions</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
CBT by IESO	CBT delivered via online	Adults (aged 16+) with	Clients chat to their BABPC-accredited	CWIC-MH; PTS East Lothian

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

	message platform	mild-moderate mental health problems. Suitable for those with preference for digital-based therapy; less flexible working hours.	therapist via one-to-one typed-based messaging (phone, tablet or computer).	
Silvercloud	Online CBT self-help programme guided by written reviews from supporter.	Adults (aged 18+) with depression and/or anxiety.	Modules include Depression, Anxiety, Generalised Anxiety Disorder, Health Anxiety, Obsessive-compulsive Disorder, Panic, Perinatal Wellbeing, Phobia, Social Anxiety, Depression and Anxiety, Chronic health conditions (Chronic Pain, Diabetes, Lung Conditions, Coronary Heart Conditions, Rheumatoid Arthritis)	CWIC-MH; GP; or NHS Lothian supporter of client.
<b>Forensics Services</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Justice Social Work <i>(Brunton Hall, Musselburgh)</i>	Wide range of community services supporting the needs of the people who offend, the victims of crime and public protection, including individual and group interventions for men and women.	Adult offenders living in the community.	<b>Interventions for men:</b> <ul style="list-style-type: none"> <li>Individual and group sessions focused on helping to consider reasons behind offending and the impact of their actions</li> <li>Moving Forward, Making Changes - for men who commit sexual offences or offences with a sexual element. Helps participants lead a satisfying life which does not</li> </ul>	Contact: <a href="mailto:cjsupport@eastlothian.gov.uk">cjsupport@eastlothian.gov.uk</a> or <a href="tel:01620827939">01620 827939</a> . See <a href="#">Justice social work   East Lothian Council</a> for further information.



## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

			<p>involve harm to others.</p> <ul style="list-style-type: none"> <li>• Caledonian programme – domestic abuse prevention</li> </ul> <p><b>Interventions for women:</b></p> <ul style="list-style-type: none"> <li>• Connect Programme (see below)</li> <li>• Caledonian programme – domestic abuse safety planning, information, advice and emotional support.</li> </ul>	
<p>Connect Programme (Justice Social Work)</p> <p><i>(Brunton Hall, Musselburgh)</i></p>	<p>16 week support group addressing specific needs of women, utilising a trauma informed approach. Engages women in a programme of change, as well as developing resilience, self-confidence and promoting social inclusion</p>	<p>Women living in East Lothian who have either been involved in offending, or who are at risk of coming into contact with the Police.</p>		<p>Referrals via health and social care worker. Can contact <a href="mailto:connect@eastlothian.gov.uk">connect@eastlothian.gov.uk</a> or 01620 872499.</p>
<b>Learning Disability Support</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
<p>East Lothian Community Learning Disabilities Team</p> <p><i>(East Lothian Community Hospital, Haddington)</i></p>	<p>Specialist health care, advice and treatment to adults with a learning disability. This also includes advice and support for families / carers.</p> <p>Specialised Clinical Psychology Service to adults with learning disabilities. Provides help for</p>	<p>Adults aged 16+ with learning disabilities in East Lothian. This service encompasses the full range of intellectual impairment, and clinical severity.</p>	<p>Clinical Psychologists work directly with clients and indirectly through relatives and carers. They liaise with other Health and Social Work Professionals, staff of other agencies and Community Learning Disability Teams. Patients can be seen in community, in-patient and day-patient settings.</p>	<p>Recommended primary source of referral is through the GP however referrals are accepted from all sources.</p>

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

	adults who have difficulties with learning, thinking, emotions, and behaviour.			
<b>Older Adults Mental Health</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Older Adults Mental Health Team <i>(East Lothian Community Hospital, Haddington)</i>	Individual therapy; dementia support for individuals, carers and teams; neuropsychological assessment; training, supervision and consultancy.	People over the age of 65 experiencing mental health difficulties. Also people who have dementia and their caregivers, regardless of age.		Referral via health and social care worker including GP and CWIC-MH.
<b>Substance Use Services</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Gateway Clinic (Substance Use Service) <i>(East Lothian Community Hospital, Haddington; The Esk Centre, Musselburgh)</i>	Drop-in service offering advice, support and medical/psychological treatments for adults with issues related to drug and alcohol. Point of referral for ongoing support to promote recovery. Following assessment, individuals can be referred to appropriate service.	Adults with drug and alcohol problems across Midlothian and East Lothian.  Families/carers/friends seeking advice.	Services available following assessment include: <ul style="list-style-type: none"> <li>• One-to-one support work</li> <li>• Specialist prescribing</li> <li>• Access to residential rehabilitation</li> <li>• Drug/alcohol counselling, information and advice</li> <li>• Blood Borne Virus screening, immunisation and advice</li> </ul>	Individuals can self-refer / drop-in to East Lothian clinic dates & times: <ul style="list-style-type: none"> <li>• <u>Mondays</u>: East Lothian Community Hospital, Haddington 1pm to 4pm</li> <li>• <u>Thursdays</u>: East Lothian Substance Misuse Centre, The Esk Centre, Musselburgh 11am to 4pm</li> </ul>

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

			<ul style="list-style-type: none"> <li>• Psychological interventions</li> <li>• Practical support (housing, financial, employment)</li> </ul>	
<b>Welfare</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Hospital Welfare Advice Service <i>(East Lothian Community Hospital, Haddington)</i>	Free, confidential, independent and impartial welfare rights advice.	Patients, carers and NHS staff based in East Lothian Community Hospital or Musselburgh Primary Care Centre.	Assistance includes benefit claims/issues/appeals; money management/budgeting; debt options; housing issues; employment advice; immigration advice.	Generally service is for inpatients, however outpatients may access if deemed appropriate.
<b>Third-Sector (East Lothian locality)</b>				
<b>Community Link Work</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Penumbra <i>(Musselburgh, Haddington, Tranent and Ormiston)</i>	Personalised and flexible support to individuals at home and/or in the community. The service promotes wellbeing, recovery and self-management.	Adults aged 18-65 registered at GP practices based in Musselburgh, Haddington, Tranent and Ormiston.	People who access the service can be experiencing mild, medium or severe mental health problems and require support to help them identify and overcome difficulties that stand in the way of them becoming well and living a full, meaningful life.	Referrals via GP practice as standard. Some Adult Mental Health teams such as PTS can refer directly.
Royal Voluntary Service	Practical support work with people who have a range of	Adults 18+ registered at Dunbar Medical Centre;	Appointments can be face-to-face (in GP Practice or out in community),	Referral via GP or health and social care

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

<i>(Dunbar)</i>	needs, including loneliness and isolation, those who need support with their mental health, are carers, have financial issues and those with long term health conditions. We focus on you as an individual, beyond any medical needs, to assist and support you to live the life you want to live. Our aim is to help you identify your goals and assist you to make sustainable changes	East Linton Surgery; Laurendale Medical Practice; Whitesands Medical Practice; Cromwell Harbour Medical Practice.	Teams/Zoom, or telephone	worker
<b>We are With You</b> <i>(Prestonpans, Harbours, Gullane, North Berwick, Setonsans, Gosford)</i>	Link workers can support service-users to address difficulties arising from things like isolation, bereavement, finance, fuel poverty, or housing. The team can help you access community supports and services that will help redress health inequalities. The client and link worker will agree to focus on 2-3 pressing issues.	Adults 18+ who are registered at GP practices based in Prestonpans, Harbours, Gullane, North Berwick, Setonsans, Gosford	Service-users are offered 4-6 sessions. These can take place in-person (including home visit) or remotely.	Referrals through GP or CWIC-MH team. Patients can request form at GP practice reception.
<b>Mental Health &amp; Wellbeing Services – Third Sector</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Distress Brief Interventions (DBI), Penumbra	14-day supportive intervention focusing on self-management of	Adults aged 18+ living in East Lothian who are	Aims to support everyone referred, however there may be rare cases where	Currently through CWIC-MH or IHTT. Service in development

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

<i>(Penumbra, Musselburgh)</i>	distress, community-based problem solving, developing distress management tools and signposting to community assets and relevant agencies.	experiencing distress and feeling overwhelmed emotionally. People do not need to have a pre-existing mental health condition to be referred, or already be actively engaged with mental health services.	agree the DBI service is unsuitable for someone, for example due to escalating risk where we deem the person may need more specialised support to help with the challenges and levels of distress they are experiencing.	
Stepping Out <i>(North Berwick)</i>	Recovery focussed service offering a programme of activities to encourage confidence, decision-making and independence.	18+ in North Berwick area for individuals with severe and enduring mental health problems.	Intensive one-to-one support; Art supper clubs; Walking therapy; Cycling; Healing Garden.  Post-natal depression support for mums including Healthy Minds, Happy Babies group.	Referrals mainly from Psychiatry and Social Work, but also accepted from other health and social care workers.
<b>Lothian-Wide NHS and Council Services/Health and Social Care Partnership</b>				
<b>CAMHS – Family Support</b>				
Paediatric Major Trauma Centre (Family Support Team)  <i>(Royal Hospital for Children and Young People (RHCYP),</i>	Practical, emotional and financial support for families with children who have experienced a major trauma injury.	Families of children admitted to the RHCYP with a major traumatic injury.	Staff can offer help in hospital and once the family is back home.	Families can call on 0131 312 0366 (Monday – Thursday, 8 am – 4 pm) or staff at Adult Mental Health can arrange contact.

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

<i>Royal Infirmary, Edinburgh</i>				
Paediatric Psychology & Liaison Service (PPALS) - Guided –Self Help Service  <i>(Royal Hospital for Children and Young People (RHCYP), Royal Infirmary, Edinburgh)</i>	Provides information on coping with mental wellbeing issues that have arisen as a result of a medical condition	Children, young people and their families attending the Royal Hospital for Children and Young People (RHCYP), Edinburgh	Meeting with Assistant Psychologist to discuss what might be helpful to understand and cope with current difficulties. Information on coping with stress, anxiety, pain, tiredness, hospital procedures and other mental wellbeing issues.	Referral via contact with RHCYP.
<b>Clinical Health Psychology Specialist Services</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Amputee Rehabilitation  <i>(Astley Ainslie Hospital, Edinburgh)</i>	Psychological assessment and interventions for individuals encountering significant psychological disorders specifically related to their experience of amputation	Patients with psychological disorders and/or impaired functioning in relation to the experience of having an amputation.	Support for patients at all stages of amputation pathway including pre-amputation and longer term.	Referral via PTS East Lothian.
Bariatric Surgery Psychology Service  <i>(Royal Infirmary, Edinburgh)</i>	Prepares patients for the psychological aspects of bariatric surgery and helps with the adjustment to the post-bariatric surgery lifestyle and regimen.	Patients already receiving medical treatment within the bariatric surgery service.	Support involves helping patients to remove psychological barriers to behaviour change, developing alternative emotional regulation strategies to emotional eating, and helping patients manage body image distress following extreme weight loss.	Referral via the NHS Lothian Weight Management Service.
Cardiac Rehabilitation Lothian  <i>(Astley Ainslie Hospital,</i>	Outpatient service providing support for physical and psychological impact of heart condition diagnosis	People over 16 with range of heart condition diagnoses and demonstrating	Individual support for short-term therapy such as CBT. Patients are stepped up to Cardiac Psychologist when appropriate.	Referral via PTS East Lothian

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

<i>Edinburgh)</i>		psychological difficulty resulting from condition.		
Clinical Genetics Psychology Service <i>(Western General Hospital)</i>	Psychological support for patients referred to the Clinical Genetics service.	Patients (and family/carers) seen within clinical genetics service who are experiencing psychological distress related to managing their genetic condition.	Support in making decisions about genetic testing; adjustment to genetic testing/conditions; impact on mental health and relationship; linking with community and specialist services.	Referral via PTS East Lothian
Cystic Fibrosis Psychology Service <i>(Western General Hospital, Edinburgh)</i>	Psychological and emotional support for issues related to CF, mental health and emotional well-being.	Patients referred to the CF service and families	Clinical Psychology service can support worries about CF and treatments; eating problems; body image concerns; family/relationship difficulties; pain management; transition concerns; low mood and self-esteem; difficulty in carrying out advised treatments/medications.	Patients can be referred if they attend the Scottish Adult Cystic Fibrosis Centre, Western General Hospital.  Referral via PTS East Lothian is possible.
Haemophilia Psychological Support Service (PSS) for Blood Disorders <i>(Royal Infirmary, Edinburgh)</i>	Talking therapies and/or medication review for individuals and families with Haemophilia and other inherited bleeding disorders	Any patient with psychological distress directly related to their inherited bleeding disorder (including children, adults and families).	Reasons for referrals include procedural anxiety, difficulties with adherence to treatments, challenges associated with living with co-morbid Hepatitis C and/or HIV, needle phobia, grief and bereavement, anxiety, pain management, sleep problems, memory or concentration issues (neuropsychological assessment).	Referral via PTS East Lothian
Lothian Chronic Pain	Support to develop self-	For people (aged 16+)	PMP group facilitated by specialist pain	Referral via PTS East Lothian

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

Service (Pain Management Service) <i>(Astley Ainsley Hospital, Edinburgh)</i>	management strategies in a predominantly group-based environment. The Pain Management Programme (PMP) is an 11-week group to provide tools to live a fulfilled life despite chronic pain.	who have experienced chronic pain for more than 12 weeks and have no further treatment plans (other than pain killer medication)	psychologist and physiotherapist.  For pain management resources and services see <a href="#">Pain Management Programme (AAH) – Lothian Chronic Pain Service (nhslothian.scot)</a>	
ME-CFS (Chronic Fatigue Syndrome) Psychology Service <i>(Astley Ainslie Hospital, Edinburgh)</i>	Highly specialist rehabilitative service offering graded activity and Cognitive Behaviour Therapy to promote self-management of ME-CFS.	Patients aged 16+ who have been given, and accepted, a diagnosis of ME/CFS or Post-Viral Fatigue Syndrome and whose primary presenting problem is fatigue.	Rehabilitative, time-limited, guided self-management service offering individual or group support.  Does not offer long-term counselling/support. If a patient has complex mental health difficulties, then these should be addressed prior to considering referral to this programme.	Referral via PTS East Lothian
Plastics Psychology Service <i>(St Johns Hospital, Livingston)</i>	Psychological assessment and therapy for individuals seeking aesthetic procedures under NHS funding.	Individuals referred to the NHS Plastic Surgery Service who are experiencing appearance-related distress, anxiety, body dysmorphia or adjustment difficulties before and/or after surgery.	Highly specialist pre-surgical assessment and opinion for patients referred to the NHS Plastic Surgery Service according to Scottish Government guidelines for the Exceptional Referral Protocol (ERP)  Psychological assessment and therapy for individuals who have had contact with the Plastic Surgery service and are experiencing psychological difficulties.	Accessible to patients already referred NHS Plastic Surgery Service.
Psycho-Oncology Service <i>(Edinburgh Cancer Centre,</i>	Highly specialised psychological assessment, consultation, and treatment to patients with	Patients (18+) living with psychological difficulties related to their cancer	Can offer support for depression, anxiety, panic or a phobia associated with diagnosis or treatment; difficulty in	Referral via PTS East Lothian



## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

<i>Western General Hospital, Edinburgh)</i>	cancer.	diagnosis.*	adjustment or making decisions about diagnosis or treatment; relationship problems resulting from illness or treatment; body image or self-esteem issues; fear of recurrence of disease.  *Maggie’s Centre offer holistic support for patients as well as family/carers (self-referral)	
Weight Management <i>(Astley Ainslie Hospital)</i>	Specialist psychological assessment for patients where routine lifestyle management courses may not meet the patients’ needs due to concerns about disordered eating, possible binge eating disorder or other complex mental health difficulties.	Patients referred to the weight management service	Current treatment provision involves a group-based intervention for disordered eating.  Full individual therapy is not available.	Only able to accept psychology referrals from dietetics colleagues in the weight management service.  If the patient is interested in working on weight loss and has sufficient alternative coping strategies for their mental health challenges, referrals and self-referrals can be made to the Dietetic service: <a href="https://www.nhs.uk/healthcareprofessionals/weightmanagement/">Get in touch – Adult Weight Management and Type 2 Diabetes Prevention Service (nhslothian.scot)</a> or contact <a href="mailto:weight.management@nhslothian.scot.nhs.uk">weight.management@nhslothian.scot.nhs.uk</a> for further information.
<b>Eating Disorders</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Lothian Eating Disorder Service (LEDS) <i>(Cullen Centre, Royal</i>	Outpatient and community service for adults with an eating disorder.	Adults 18+ with a primary eating disorder diagnosis	Support includes psychiatric treatment; individual and group psychological therapy including CBT, CAT, IPT and	PTS Service East Lothian offers psychological interventions for people with eating disorders.

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

<i>Edinburgh Hospital, Edinburgh)</i>		including those who are underweight, normal weight and overweight.	Schema Therapy; direct support (e.g. with eating, welfare advice, developing social networks); dietetic assessment and follow-up; and carer and family support.	PTS can make onwards referral to LEDS for individuals requiring more specialist dietetic input.
The Regional Eating Disorder Unit (REDU) <i>(St John’s Hospital, Livingston)</i>	Inpatient 12 bedded specialist unit for people with a severe eating disorder.	18 years or older with a primary diagnosis of an eating disorder. Patients younger than this may be considered for admission but only if this is deemed appropriate after full discussion with all parties involved.		Patient can only be referred to the unit by regional eating disorder teams.
<b>Forensics Psychology Services</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Forensics Psychology Services <i>(Royal Edinburgh Hospital, Edinburgh)</i>	Psychology input to three services: the Orchard Clinic Medium Secure Unit, the Serious Offender Liaison Service (SOLS), and the NHS Lothian Prison Mental Health Teams.	People with psychological disorders who pose a significant risk to the safety of others as a result of these disorders, or where the disorder appears to be associated with offending behaviour.	Clinical psychologist and nurse therapy team provide psychological therapies across each service, delivering both individual and group interventions.	Referrals to clinical psychology within the Orchard Clinic comes from the OC clinical teams and are accepted for Orchard Clinic inpatients only.
Serious Offender Liaison	Provides clinical consultation,	Criminal justice agencies	The service is predominantly used by	Any potential referral should be discussed

## East Lothian Adult Mental Health and Wellbeing Resources – Services Requiring Referral FOR SERVICE-USERS

<p>Service (SOLS) <i>(The Orchard Clinic, Royal Edinburgh Hospital, Edinburgh)</i></p>	<p>assessment and management advice to help criminal justice agencies manage complex and/or high risk violent and sexual offenders in the community. This service is provided in a tiered way and can include advice on managing risk or on how to work with personality disordered or sexually deviant individuals.</p>	<p>who are managing high risk violent and sex offenders in the community, who often have personality disorders and/or sexual deviations. Referrals accepted from anywhere in NHS Lothian area.</p>	<p>police, justice social work and the Scottish Prison Service but a small number of referrals also come from other social work services and health colleagues.  The service does not provide psychological input or case management but does, on occasion, take on cases for comprehensive risk assessment. The team also has some capacity to assess clients for anti-libidinal prescribing.</p>	<p>with SOLS staff first. This could be at a MAPPA meeting, at another multi-agency meeting, over the telephone, or by email.</p>
<p><b>Neuropsychology / Neurodevelopment</b></p>				
Service	Description / Support	Who for?	Further Information	Referral Information
<p>Acquired Brain Injury Rehabilitation Neuropsychology service  <i>(Astley Ainslie Hospital, Edinburgh)</i></p>	<p>Ongoing cognitive rehabilitation and psychological therapies for difficulties related to those neurological illnesses and injuries.</p>	<p>Adults who have moved on from acute medical settings to receive ongoing neuro-rehabilitation at the Astley Ainslie Hospital.</p>	<p>Individuals can be seen by our service either during their inpatient admission or attend outpatient appointments. The service assesses cognition, psychological well-being and behavioural change.</p>	<p>Referral via appropriate health and social care worker.</p>
<p>Acute Neuropsychology Department of Clinical Neuroscience (DCN)  <i>(Royal Infirmary Hospital,</i></p>	<p>Cognitive rehabilitation and psychological therapies for patients with neurological illnesses and injuries.</p>	<p>Adults who have recently sustained a neurological injury or illness and those who are experiencing an acute problem related to a chronic neurological</p>	<p>The service assesses cognition, psychological well-being and behavioural change.</p>	<p>Referral via appropriate health and social care worker.</p>

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<i>Edinburgh)</i>		condition.		
Adult ADHD and Autism Resource Team  <i>(Royal Edinburgh Hospital, Edinburgh)</i>	Support and consultancy to health and social care staff with training in the recognition and management of ADHD and ASD in people without a learning disability; signposting to ADHD and ASD-specific services in Lothian. Assessment and diagnosis	Health and social care staff across Lothian. Adults with suspected ASD or ADHD diagnosis.	Input from psychiatry, clinical psychology, occupational therapy, and speech and language therapy. Can offer assessment and advice for complex cases; offer second opinions in terms of ASD and ADHD suspected diagnosis when the diagnosis is unclear.	Clinical Pathway: <ul style="list-style-type: none"> <li>• Screened by GP if person not known by services and referred to CMHT if there is significant functional impairment</li> <li>• CMHT assessment to establish diagnosis</li> <li>• Referral to ADHD &amp; ASD Resource Team for involvement if diagnosis unclear for: case discussion, advice or second opinion.</li> </ul>
Community Rehabilitation and Brain Injury Service (CRABIS)  <i>(Strathbrock centre, West Lothian)</i>	Cognitive rehabilitation and psychological therapies for people who have a neurological condition or acquired brain injury.	Patients who have moved on from acute medical settings to receive neuro-rehabilitation in the community	The service assesses cognition, psychological well-being and behavioural change	Referral via appropriate health and social care worker.
Lanfine Neuropsychology service  <i>(Astley Ainslie Hospital, Edinburgh)</i>	Support and advice in addition to cognitive rehabilitation and psychological therapies for patients with progressive neurological conditions.	Adults with progressive neurological conditions	Inpatient and outpatient appointments as well as community visits. The service assesses cognition, psychological well-being and behavioural change.	Referral via appropriate health and social care worker.
Major Trauma Centre	Provides people who have experienced major trauma injuries with access to a	Adults (18+) living in south-east Scotland who have experienced major	A multidisciplinary team of nurses, doctors, mental health professionals, occupational therapists,	Referral via appropriate health and social care worker.

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<i>(Royal Infirmary, Edinburgh)</i>	consultant-led specialist team and appropriate diagnostic and treatment facilities. Psychological support for head-injury and non-head injury patients. Rehabilitation support for both physical injuries and mental wellbeing/health.	trauma injuries	neuropsychologists, physiotherapists, speech and language therapists and dietitians.  Psychological input can involve families and caregivers.	
Neuropsychology Stroke Service  <i>(Astley Ainslie Hospital, Edinburgh)</i>	Specialist neuropsychological assessment and intervention for adults with stroke, experiencing difficulties with mood, cognition or behaviour consequences.	People following recent stroke and those with a history of stroke.	Inpatient and outpatient support.	Referral via appropriate health and social care worker.
Scottish Acquired Brain Injury Network	Multi-disciplinary group of service user representatives, health care professionals, service providers, and voluntary sector groups interested in the provision of brain injury services.	Website resource for NHS staff, and people with an acquired brain injury, and carers	Online signposting resource for Lothian services	Email for enquires <a href="mailto:nss.COBIS@nhs.scot">nss.COBIS@nhs.scot</a> . Visit <a href="#">NHS Lothian – Scottish Acquired Brain Injury Network</a> for information on Lothian services.
<b>Perinatal Mental Health</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Lothian Perinatal Community Mental Health	Mental health assessment and treatment to women who are either at risk of, or are affected	Women in Lothian who are either at risk of, or are affected by,	Outpatient assessment and treatment pre-conceptually, during pregnancy and up to the end of the first postnatal year	Referral through midwife, health visitor, GP. Adult Mental Health services can make an onwards referral but this is not the primary

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Service	by, significant mental illness during pregnancy and/or in the first year after childbirth.	significant mental illness during pregnancy and/or in the first year after childbirth and are the primary carer of the infant.	across the Lothian region.	option.
The Regional Mother and Baby Unit	Specialist mental health inpatient service for pregnant women (from 32 week's gestation) and postnatal mothers with their babies (up to one year postnatal)	Women across Scotland who are the main carers of their infants, and are either at risk of, or are affected by significant mental illness during pregnancy and/or in the first year after childbirth.	Specialist acute inpatient care and treatment for mental illness to mothers, whilst also supporting the development of the parenting role and relationship with their infant. Can accept admissions 24/7.	Referral through health and social care worker including midwife, health visitor, GP.
Maternity and Neonatal Psychological Intervention Team	Psychological interventions for families and staff in NHS Lothian's maternity and neonatal services (inpatient and outpatient) to support development of parent-infant relationships and improve parental and infant mental health experiences.	Maternity and neonatal population with common and/or mild-moderate psychological needs.	The team works closely with colleagues in maternity and neonatal care, the Parent and Infant Relationship Service, Perinatal Mental Health Services in the Community Team, local sector mental health teams, and third sector specialist partners.	Referral through midwife, health visitor, GP. Adult Mental Health services can make an onwards referral but this is not the primary option.
<b>Sexual Health and Wellbeing</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Chalmers Clinical Psychology Service for HIV	Assessment, formulation and psychological interventions to	Adults (18+) experiencing	*Other aspects of sexual health can include psychological distress around	PTS can offer psychological interventions for people with psychological distress related to

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& Sexual Health <i>(Chalmers Sexual Health Centre, Edinburgh)</i>	people living with HIV, and to those who struggle with psychological distress relating to other aspects of sexual health.* HIV prevention work when there is high degree of sexual risk taking.	psychological distress in relation to living with HIV and/or other aspects of sexual health.  Occasionally see under 18s – mainly for HIV prevention work.	herpes, or health anxiety relating to STIs for example.	their sexual health. Onwards referrals can be made to Chalmers for individuals requiring more specialist input.
Edinburgh Fertility Centre Counselling Service <i>(Royal Infirmary, Edinburgh)</i>	Emotional support for people undergoing/planning fertility treatment at the Edinburgh Fertility Centre.	Adults undergoing/planning fertility treatment at the Edinburgh Fertility Centre	Common presenting problems are relationships, fear of treatment outcome, pain of loss and crisis of meaning.	Must already be referred to Edinburgh Fertility Centre. Patients can be referred by health workers at the centre.
Psychosexual Therapy Clinic <i>(Chalmers Sexual Health Centre, Edinburgh)</i>	Talking therapy that provides help for specific sexual problems. Assessment and psychosexual therapy for individuals and couples.	Adults with specific sexual problems, where physical causes are ruled out.	Staffed by therapists, all of whom are qualified in Psychosexual Therapy and are members of the College of Sex and Relationship Therapy (COSRT).	Referral via PTS East Lothian, but important for patient to discuss with GP to rule out physical health problems.
Gender Identity Clinic <i>(Chalmers Sexual Health Centre, Edinburgh)</i>	Assessment and access to medical interventions in relation to gender incongruence or dysphoria.	Adults aged 17+ living in Lothian, Borders or Fife.	Psychological support for people considering or undergoing transition in connection with gender incongruence or dysphoria is offered by LGBT Health and Wellbeing (self-referral).	Referral via GP.
<b>Specialist Trauma Services</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
The Rivers Centre	Specialist service for adults affected by psychological trauma	Adults aged 18+ who meet diagnostic criteria	Psychological therapy for people presenting with PTSD or symptoms of	PTS East Lothian offers psychological interventions for trauma.

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<i>(Fountainbridge, Edinburgh)</i>		for Post Traumatic Stress Disorder (PTSD) and Complex Post Traumatic Stress Disorder (C-PTSD).	PTSD to a single event trauma.  Lightbulb Course - based on trauma focussed cognitive behavioural therapy (TF-CBT) offered remotely. Additional individual input with a clinician.  Sea Change – a 25-week, group-based treatment aimed at reducing the symptoms of Complex Post-traumatic Stress Disorder (CPTSD) and associated psychosocial issues.	PTS can make onwards referrals to Rivers for people presenting with complex trauma where specialist group interventions are deemed suitable.
<b>Spiritual Wellbeing</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Spiritual Care (NHS Lothian)	Confidential, non-judgemental support to patients, families and staff whatever their beliefs or life situations.	Patients, family and staff in NHS settings	Support can include listening, offering space for reflection, support through times of loss; facilitating prayer, ritual or celebration. Can link service-users to members of their community	Enquire about Spiritual Care at local hospital.
<b>Substance Use Support</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
LEAP (Lothians and Edinburgh Abstinence Programme) <i>(Astley Ainsley Hospital,</i>	Three month rehabilitation programme aimed at abstinence. It is based on the Therapeutic Community model	Individuals (18+) dependent on substances including alcohol, opiates,	Support is offered with housing and social problems and the service includes a training, education and employability programme in partnership with	Individuals can access LEAP via referral from the Gateway clinic (East Lothian) – see above.



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<i>Edinburgh)</i>	for patients dependent on alcohol and other substances. Treatment includes detoxification from alcohol, opiates and benzodiazepines; medical care; group and personal therapy and active linkage to mutual aid and other community recovery resources.	stimulants and benzodiazepines, living in Lothian. Also support for families.	Encompass. Families are supported to recover through the LEAP Family Programme and we offer up to two years of aftercare to patients following treatment	
<b>Other Specialist Services</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Adult Dental Anxiety Management Service <i>(Oral Health Service, Lothian)</i>	Behavioural, psychological and pharmacological approaches to managing dental anxiety / phobia	Adults (16+) requiring dental treatment whose dental anxiety / phobia necessitates behavioural or pharmacological management techniques beyond that provided in the General Dental Service.		Only accepts routine referrals from General Dental Practitioners
Scottish Mental Health Service for Deaf People <i>(St Johns Hospital, Livingston)</i>	Consultancy, assessment and treatment for people with hearing impairment suffering from a mental disorder.	People with hearing impairment suffering from a mental disorder.  Clinicians seeking consultancy and	Advice on local management of deaf people with moderate or severe mental health problems which present challenges in assessment and/or treatment across Scotland.	Referrals from Health and Social care workers including Adult Mental Health team.  More information: <a href="#">Scottish Mental Health Service for Deaf People – NHS Lothian   Our</a>

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		guidance	Assessment and/or treatment of patients at request of or in liaison with local clinicians on an outreach basis  Advice/assessment of the possible requirement for specialist inpatient treatment  Provision of training in deaf awareness and deaf mental health issues for mental health professionals.	<a href="#">Services</a>
<b>Lothian Wide Third-Sector Services</b>				
<b>Service</b>	<b>Description / Support</b>	<b>Who for?</b>	<b>Further Information</b>	<b>Referral Information</b>
Number 6 <i>(Edinburgh)</i>	Autism Diagnostic Service – assessment for autism	For individuals 18+ who potentially meet diagnostic criteria for ASD		Referral via PTS or CMHT. Do not accept GP referrals. For enquiries email <a href="mailto:number6@aiscotland.org.uk">number6@aiscotland.org.uk</a>