

## Further information and help

### LEWIS AND HARRIS TEAM

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Debbie MacRae	Community Mental Health Nurse Manager
Janine Maclean	Community Psychiatric Nurse
Cheryl Weir	Community Psychiatric Nurse
Mairi Kennedy	Community Psychiatric Nurse
Wilfred	Community Psychiatric Nurse
Makwanandini	
Vacant	Community Psychiatric Nurse
Vacant	Community Psychiatric Nurse
Vacant	Mental Health Support Worker
Vacant	Mental Health Support Worker
Heather Hilsdon	Mental Health Occupational Therapist
Kathryn Mackenzie	Mental Health Occupational Therapist

### Substance Misuse Services - Tel. 01851 703545

Coleen McLeod	Substance Misuse Team Lead
Vacant	Substance Misuse CPN
Megalin Macdonald	Community Alcohol Nurse
Sarah Glen	Substance Misuse Support Worker
Donna McCarthy	Substance Misuse Support Worker
Vacant	Substance Misuse CPN

### Clinical Psychology (Western Isles Adult & Learning Disability Services)

Penny Priest	Clinical Psychologist (Adult & Learning Disability Service)
Mairi Macpherson	Learning Disability Community Nurse
Paul Neilson	Learning Disability Community Nurse

### UISTS AND BARRA TEAM

46 Winfield Way, Balivanich  
Isle of Benbecula, HS7 5LH  
Tel. 01870 602918 (Uists)  
Tel. 01871 810895 (Barra)

Norrie MacRitchie	Community Mental Health Nurse Manager
Janet Simpson	Community Psychiatric Nurse
Vacant	Community Psychiatric Nurse
Gill Russell	Mental Health Support Worker
Sarah Cottingham	cCBT Coordinator

### Substance Misuse Services - Tel. 01870 603279

Vacant	Community Psychiatric Nurse (Addictions & Recovery)
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## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at - [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 Mon-Fri between 9am-5.30pm.

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#### Disclaimer

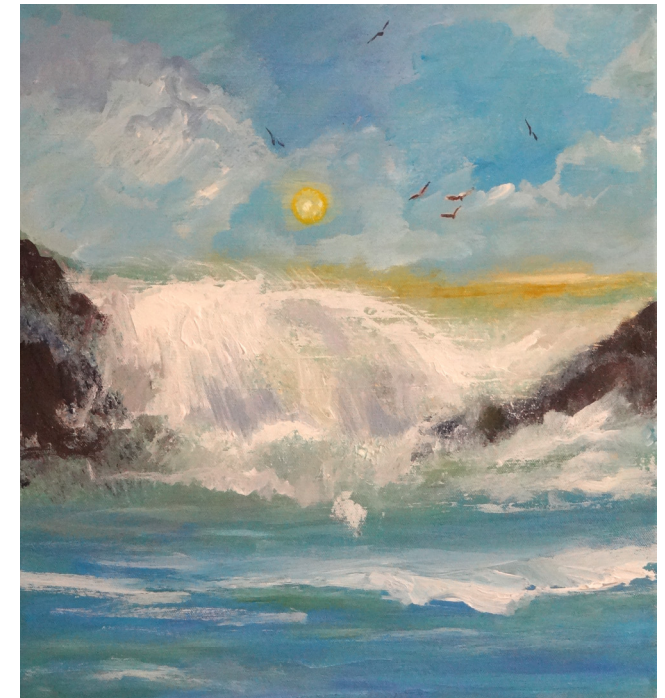
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Bòrd SSN nan Eilean Siar  
NHS Western Isles

## Community Mental Health Nursing Team



An introduction to the Western Isles  
Community Mental Health Nursing Team

## Introduction

The Community Mental Health (CMH) team organises and coordinates your care if you receive community-based mental health care (i.e. care outside of hospital).

This includes carrying out mental health assessments, treatment and care. You are normally referred to a CMH professional if you have complex mental health problems and need more specialist help than a GP can offer.

*Your confidentiality will be respected at all times.*

## About the team

The CMH team aims to provide:

- nursing care for a person who is acutely ill.
- support for a person with a long-term illness helping them to live a full life in their own community.
- administration and monitoring, where required, of essential prescribed medication.
- advice and support to patients and their families in all aspects of their care.
- care and advice for the elderly confused patient and their families.
- support for those with psychological problems and onward referral to Clinical Psychologist, if required.

In addition, staff may be able to offer help to families who have developed problems as a result of a family member's illness.

## Referral to the CMH team

The normal route of referral is from your GP or Psychiatrist to the CMH team.

## Your appointment

You will normally be offered an appointment at your home or at your GP Surgery.

## Your named member of staff

Your named member of staff will plan your nursing care with you and will monitor how effective your care plan is.

You will plan your care with your named member of staff and evaluate its effectiveness on an ongoing basis.

## What you can expect

Throughout your treatment you will be accepted as a person of worth, with your own values and opinions, and you will be treated with dignity and respect.

- All decisions regarding your treatment will be discussed and jointly agreed before they are made.
- Your treatment plan will be carried out in consultation with your GP and/or Psychiatrist.
- If your referral is part of your Discharge Plan

following a period of hospital treatment, then, you will be seen by a member of staff within three working days of your discharge.

- We aim to deliver Recovery Focussed Care - working with you at all times.
- We will make contact with you as soon as possible after receiving your referral to the CMH team. Routine referrals will be allocated and contact made within ten working days. We will contact you by phone or letter.
- With your approval we may wish to involve your family in your treatment programme.
- Your named member of staff will normally see you by a pre-arranged appointment.
- Very few people require admission to hospital. However in the event that hospital admission is necessary, your named member of staff will maintain contact with you during your stay to ensure continuity of care.

## Cancellation of appointment

If your named member of staff has to cancel an appointment and is unable to make prior contact with you, he/she will contact you as soon as possible and offer you an explanation.

Please contact us if you need to cancel your appointment, or if you are going to be unavailable for a period of time.

## In emergencies

There is always a member of staff available outwith normal working hours and they can be contacted through NHS24, freephone 111.