



May 12th, 2016

Lifecycle mental health service is in gear

During Mental Health Awareness Week (May 16th-22nd), South Tyneside's newest mental health service is aiming to highlight what it can offer.

The Lifecycle service, which began in March this year, is provided by South Tyneside NHS Foundation Trust for children, young people, adults and families in the borough who are experiencing mild to moderate emotional, behavioural and psychological difficulties.

Its main base is at Cleadon Park Primary Care Centre, South Shields, but appointments are also offered at Flagg Court, South Shields, and Monkton Hall, Jarrow, as well as other venues, including schools, Children's Centres and GP practices. The Trust's highly trained staff use a wide range of therapies recommended by the National Institute for Health and Care Excellence (NICE) and the service is available six days a week, including Saturdays, with evening appointments Monday to Thursday.

It was introduced by NHS South Tyneside Clinical Commissioning Group (CCG) to offer a single point of access to primary care mental health services by extending the talking therapies provision which was previously just for adults.

Mandy Bowler, Clinical Business Manager with the Trust, said: "Mental health and wellbeing affects and influences so many lives. Through the Lifecycle service, we aim to improve the mental health and emotional wellbeing of children, young people and adults who are experiencing, or who are at risk of developing, common mental health problems, such as low mood or anxiety."

Dr James Gordon, Clinical Director, Mental Health and Learning Disability, NHS South Tyneside CCG, said: "We believe this innovative, integrated service offers a positive patient experience by improving waiting times and improving access to support, particularly for children."

Adults and young people over 16 years old can refer themselves to the Lifecycle service, and adults can refer their children, by contacting (0191) 2832937. A process is being developed for young people under the age of 16 to self-refer but, currently, these referrals should be made by a health professional or other professional, such as a social worker or teacher.

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Pictured above: Dr James Gordon, NHS South Tyneside Clinical Commissioning Group's Clinical Director, Mental Health and Learning Disability, and South Tyneside NHS Foundation Trust Chief Executive Steve Williamson, seated, with back row, left to right, team members Ben Santer, Sam Holliday, Sandra Young and Janie Pollard at the launch of the Lifecycle service

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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