


Get In Touch

**we welcome any suggestions you have.
Please send your comments, complaints
and compliments to:**

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 Our Location
**Primary Care Student Mental
Health Specialist Service
University Medical Centre
Giles Lane
Canterbury, Kent CT2 7PB**

**For more information please
visit
www.umckent.co.uk**



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"My PCSMHS was very nice and understanding to me, it felt amazing having my issues understood and actually seeing a solution to them"

"I had an assessment at the UMC and she has been very helpful in supporting me and signposting me to different support/treatment options. She is very approachable and articulate in helping you understand ways to receive support."

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PRIMARY CARE STUDENT MENTAL HEALTH SPECIALIST SERVICE

PRIMARY CARE STUDENT MENTAL HEALTH SERVICE.

This Service is for students with new or existing mental health problems who may need some support to help them return to their usual day to day routine and studies .

The service is run by an experienced team of Nurses and Occupational Therapists with access to a Psychiatrist's advice and guidance. They are able to offer assessment and potentially signpost you for further support from another specialist organisation. The PCSMHS aims to provide early intervention and support to students with mental health needs, whilst studying in Kent and Medway.

The service is available for all undergraduate or postgraduate students who are 18+ who are registered with a GP in Kent and studying in the area.

How do I access the service?

- GP Referral
- Student support and Wellbeing referral
- NHS Talking therapy referral
- Secondary Care referral
- Primary care referral

WHAT KIND OF HELP IS AVAILABLE?

We will offer an initial assessment and we will discuss a range of possible options. We may need to liaise with your GP or other professionals in order for you to receive the best treatment and care. We offer the following :

- Face to face treatment
- Telephone or online support
- Psycho-educational groups

Once we have agreed a treatment plan with you we will endeavour to support you to gain the best outcome for your mental health and wellbeing. We can also send out text reminders for further follow up appointments.

Please note that this is not an emergency service and we are not able to offer urgent or emergency support.

If you are having a mental health crisis please contact your GP or the KMPT Mental Health crisis line on 111 option 2.

WHAT TREATMENT INTERVENTIONS ARE AVAILABLE?

- Assessment
- Signposting
- Guided Self-Help
- Psycho-education on a 1:1 and group basis
- Symptom Management
- Medication advice and monitoring via a Consultant Psychiatrist
- Relapse prevention
- Onward referral to appropriate services.

If we feel that you need more intensive support and treatment then we will refer you onto the Community Mental Health Team within Secondary Care.

What happens if I can't attend an appointment?

If you are unable to attend an appointment please let us know so that we arrange an alternative time to meet with you. Non-attendance of appointments may result in you being discharged from our service.