

Cumbria Primary Mental Health Service

Booking line: 0300 123 9122
(Open 8.30am-5.30pm Mon-Fri)

Calls charged at a local rate, calls from mobiles may cost more

What help does the service provide?

Our practitioners provide:

- Help to people that are experiencing common mild to moderate mental health problems (e.g. depression, anxiety problems).
- Assessment and brief talking therapies, such as counselling and cognitive-behavioural therapy (CBT) – up to 8 sessions.
- Referral to other services if this would be more appropriate.

How do I access the service?

- Wait **three working days**, then contact the Appointment Booking Staff on the number above.
- Our Booking Staff will arrange an appointment for you at a time that is most convenient (between the hours of 9am to 5pm, Monday to Friday) and will then collect some other information such as your full contact details. Where space permits, you may be able to be seen at the GP surgery itself.
- You will receive written confirmation of your appointment and two brief questionnaires which will help staff understand your problems.