

Primary care briefing Covid -19– Adult mental health, learning disability, dementia, autism and ADHD services

Mental health support, services and guidance

Information correct on 8 April 2020

Having good mental health helps us to relax, achieve more and enjoy our lives more.

It is recognised that the COVID-19 outbreak and associated restrictions will impact on everyone's daily lives, mental health and wellbeing.

Mental health support and services are continuing, although service providers have been looking at how they can adapt how they deliver support in line with national recommendations. Service providers including mental health service providers will aim to continue to maintain clinical safety and effectiveness and keep people well. In line with other services, a large amount of support during the COVID-19 outbreak may be provided through means other than face-to-face where possible. This includes phone or digital methods.

This briefing outlines information about changes to local mental health service delivery, national advice on how the general public can look after its mental health and hyperlinks that are centrally updated. Please note that this briefing includes both support for older people and working age adults.

SERVICE UPDATES

For any specific services not listed here please either check the [Mindwell website](#) or contact organisations for current arrangements. Many third sector and community organisations are continuing to provide support over the phone or through videoconferencing.

Leeds Mental Wellbeing Service (including IAPT and Primary Care Mental Health)

All support is currently being delivered through telephone, online and IG compliant video-platforms.

The service is continuing to screen and assess new referrals. It is also continuing to offer telephone/ video or online therapy to those on treatment waiting lists as therapy slots become available.

All of our classes and workshops have stopped and alternative support is being offered instead.

The service is continuing to provide a wide range of [online video courses that can be accessed immediately](#).

Primary Care Mental Health will have a key role in supporting general practice at this time and there is no plan to move staff from their current roles. There will be a continued roll out to new Primary Care Networks as new staff arrive between now and June, with but with an adapted and fully remote offer due to current crisis.

For further details visit the [Leeds Mental Wellbeing Service website](#).

Secondary care mental health services

Leeds and York Partnership Foundation Trust (LYPFT) are prioritising maintaining their priority services and as a consequence there will be some changes to other services. Regular updates will be provided to inform of any additional changes.

Referrals are continuing to be accepted for most services. Some face-to-face contact is being provided where identified as essential, although where possible support is now being provided only over the phone.

The advice and guidance function for primary care practitioners to access is also still available.

The Community Mental Health Teams are continuing to accept referrals, and are using clinical decision making for maintaining critical face to face contacts required; including Clozaril monitoring and maintaining delivery of depots for service users on CMHT caseload.

Routine referrals to the community mental health team can be made via email: referral.lypft@nhs.net.

The [Connect eating disorders service](#) is continuing to accept referrals, however sufficient physical health information needs to be provided in order to accept these, due to the need to assess risk and need for intervention. Eating disorder patients have been identified as qualifying for urgent blood tests by Leeds and York Partnership Foundation Trust (LYPFT) due to the physical safety risks.

The [Perinatal mother and baby unit](#) will be moving to Parkside Lodge in order to provide space to cohort older people within the move.

Mental health crisis services

Mental health crisis services delivered by LYPFT continue to be available as previously.

Crisis referrals requiring urgent/same day response should be made through the LYPFT single point of access (SPA- open 24/7) phone number on 0300 3001485.

Domiciliary and outreach support

Domiciliary and outreach support is continuing to be provided, with referrals being accepted through social care.

Dementia services and support

LYPFT dementia mental health liaison and support for young people with dementia face-to-face contact has been reduced, with support being provided over the phone where possible.

Dementia day care services are not currently being run, and some care homes are currently not allowing family visits.

LEARNING DISABILITY SERVICES

Community Learning Disability Team and Intensive Support Team

Referrals are continuing to be accepted and some face-to-face contact is being provided where identified as essential, although where possible support is now being provided only over the phone.

Specialised supported living

Delivery as normal.

Parkside Lodge

The inpatient service provision at Parkside Lodge has been re-located to 3 Woodlands Square.

Respite services

The 2 Woodlands Square respite facility will now be closed. 3 Woodlands Square will be continuing to operate as normal.

AUTISM AND ADHD SERVICES

Leeds Autism Diagnostic service

Is not currently taking new referrals and is providing phone support but no face-to-face support.

ADHD services

Providing phone support only. Currently not taking new referrals, and have ceased commencement of medication and annual reviews for the present time.

CLINICAL GUIDANCE

- Clinical guidance on the management of mental illness during COVID-19 is available from the [Royal College of Psychiatrists](#) website.
- Royal College of Psychiatrists [advice on medication](#).
- Advice on managing [depot anti-psychotics](#) during COVID-19
- NHS England [advice on mental health, learning disabilities and autism](#)

National learning disability and autism information and guidance

- The [clinical guidance for front line staff to support the management of people who have a learning disability, autism or both](#) during the Covid-19 pandemic, relevant to all clinical specialities.
- NHSE Learning Disability and Autism Programme [has produced an easy read version of the letter sent to people](#) whose physical health conditions mean they are at the greatest risk from coronavirus.
- The [Rapid COVID-19 critical care guideline from NICE has been updated](#) and advises that the Clinical Frailty Score should not be used with people with learning disabilities or with stable long-term disabilities such as cerebral palsy.
- The [Palliative Care for People with Learning Disabilities](#) have created a large resource and information bank in relation to Covid-19 and supporting people with learning disabilities in relation to pain, death and palliative care

Local Learning Disability and Autism Information

Please advise all people who have a learning disability, autism or both to complete a [hospital passport to aid communication and implementation of reasonable adjustments](#) should they be admitted to hospital.

Once completed patient should send this to: leedsth-tr.lautism@nhs.net so that it can be uploaded to the patient records system.

If a patient is displaying Covid-19 symptoms please ask them to complete [LTHT's Covid-19 Hospital Summary](#).

Leeds Teaching Hospitals Learning Disability and Autism Liaison team can offer support to people who have a learning disability or autism when attending hospital and have [a range of accessible resources](#) on procedures which may be undertaken.

If a person who has a learning disability, autism or both is at risk of admission to a specialist mental health or learning disability hospital, please contact the Mental Health, Learning Disability and Autism team at Lccgp.learningdisability@nhs.net or 0113 843 1641

INFORMATION ON LOCAL MENTAL HEALTH SERVICES AND SUPPORT

The [Mindwell website](#) includes a wide range of information on services and support available in Leeds, including changes to services delivery, and how people can look after their own mental wellbeing during the coronavirus outbreak.

Self-help

There is a wide range of information and resources for professionals and people seeking support in Leeds on the [Mindwell](#) website, including resources people can use to look after their own mental wellbeing during the coronavirus outbreak.

People can freely access [online video courses](#) to learn about stress and anxiety, mindfulness, understanding self-esteem, panic attacks, managing stress in parenthood, depression, bereavement and postnatal depression

Self-help books recommended by the NHS for common mental health problems like anxiety and depression on [Reading Well Books on Prescription](#).

[Public Health England Guidance](#) for the public on the mental health and wellbeing aspects of COVID-19, including mental wellbeing while staying at home

[Links](#) to NHS resources on mental health and wellbeing

NHS mental wellbeing [audio guides](#)