

# Leeds MindMate SPA Patient Information

If you are under 18, you have been given this leaflet as you may benefit from some support from an emotional wellbeing or mental health support service in Leeds

The person who gave you this leaflet would like to refer you to the Leeds MindMate Single Point of Access (SPA)

If you are a parent or carer, you have been given the leaflet on behalf of your child



**MindMate** 

**NHS**

## **What is the Leeds MindMate SPA?**

The Leeds MindMate SPA is for young people with a Leeds GP to gain access to emotional wellbeing and mental health services.

## **What is emotional wellbeing or mental health?**

It is how we feel. We all have mental health all of the time, some days good, some days not so good. Everyone can feel a bit down sometimes, and although most of the time we can get the help we need from friends and family, sometimes we need a bit more support. This is where we can help.

## **How will SPA help me/my child?**

The SPA will work with the person who referred you to decide which service will be best able to help you / your child. Once a decision has been made, the SPA team will get in touch within a few days to let you know which service that is, how they will contact you and how long you might expect to wait. The service you have been referred to may also contact you if they need more information. For an idea of the services you might be referred to, go to 'What's in Leeds for Me' at the MindMate website [www.mindmate.org.uk](http://www.mindmate.org.uk).

## **What information will you share?**

The person who gave you this leaflet will share your information with the Leeds MindMate SPA. This is a confidential service provided by the NHS. The team at the SPA will normally only share your information with staff in the service that we will refer you on to, e.g. CAMHS or the Marketplace. This is to make sure they have the right information to help them understand your needs. Some services might need to collect other information from you. When you are invited for an appointment they may want to check that they understand your current situation, so if things have changed you can tell them.

If you don't want your information to be shared, please tell the person who gave you this leaflet as soon as possible. If you are referred to the Leeds MindMate SPA, we will assume that you are happy with this.

## **Will you involve my family?**

We will usually talk with both you and your parents or carers. But if you don't want us to we won't tell them. However, if we think you or someone else is in danger then we have a duty to report this. This is to make sure you stay safe and we will always tell you if we need to do this.

If you are a parent or carer and your child is under 16, according to UK law they can make decisions about how this referral works for them without us discussing it with you, if they are deemed to be mature enough to understand what will happen with this referral. A parent or carer cannot override this consent.

## **What can I do while I am waiting?**

We want to make sure you get the help you need, as fast as possible. There are many resources on the MindMate website that might help you while you wait. If you want to get back in contact with the SPA while you are waiting, we will tell you how you can do this.

*In accordance with the Data Protection Act we are required to inform you that Leeds MindMate SPA will process the information we collect from you and those agencies you are working with, in order to make a decision to allocate to the most appropriate service to provide you with emotional wellbeing and mental health support. This information may be shared with areas within Leeds City Council and the NHS, also with other relevant organisations, such as relevant government departments, schools or the Families First programme, however only where appropriate or where we are legally obliged to do so.*

*Your information may be collated and monitored to ensure you receive the correct support and services. Your information may also be given to relevant government departments for reporting purposes in order to make the services better. If you want to find out more about how we keep and use this information, then please ask the worker who referred you in the first instance.*

