



First Contact Mental Health Practitioners



Are you feeling sad, anxious and experiencing a low mood?

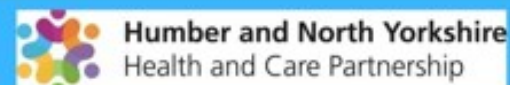
Our First Contact Mental Health Practitioners are working in your GP surgery and are available to offer you some support.

Our FCMHP can:

- Support the GP to assess your needs
- Offer advice
- Introduce you to help and support in the community near you
- If necessary introduce you to specialist services
- For further information please ask at you GP surgery

Telephone or face to face appointments available

Supporting you, closer to home



WHITBY, COAST & MOORS
PRIMARY CARE NETWORK

April 2023



Monthly Newsletter

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Updates from Sleights and Sandsend Medical Practice

Appointments

In the last 4 weeks 20/02/2023 - 19/03/2023 Sleights and Sandsend Medical Practice has serviced a total of **3720** appointments.

1452 of those appointments were provided as same day appointments.

59.90% of appointments at Sleights and Sandsend Medical Practice in that period were face to face, which equates to **2229** appointments.

Covid Spring Booster

Whitby Coast and Moors PCN Practices will be involved with the roll out of vaccine starting in mid-April. However, local Practices may have a limited supply of vaccines and therefore will work through patients in priority groups first. **Please** don't call us about the vaccine as we will contact you via a text message and/or a phone call when we reach your cohort and have received vaccines.

Medication Reviews

If you have been diagnosed with a chronic disease such as asthma, chronic heart disease, diabetes, hypertension or stroke regular appointments are needed with the nurse for a the chronic disease review, following this you will then need an appointment with pharmacist to complete a medication review. The practice will send out reminders via letter, text and phone call however if you think you are due a review please contact the practice.

Easter Opening

Sleights and Sleights and Sandsend Medical Practice will be closed on Good Friday and Easter Monday, if you require any medical assistance please dial 111 or 999 in an emergency.

A number of pharmacies are open over the Easter weekend please see below for more information.

Friday 7th April – Boots Pharmacy, 64 Baxtergate, Whitby – Open 12:00 – 13:00

Saturday 8th April – Normal working day arrangements

Sunday 9th April - Boots Pharmacy, 64 Baxtergate, Whitby – Open 12:00 – 13:00

Stress Awareness Month 2023

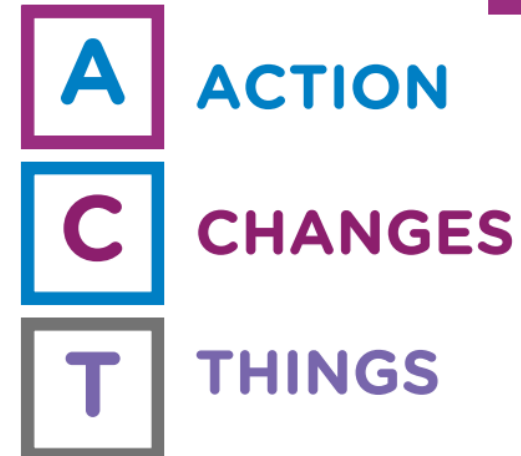
Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems.

From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.

What else could you do for Stress Awareness Month?

- Talk about Stress and its effects – let's work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.
- Share your coping mechanisms – if something has worked for you why not share it. It might benefit someone you care about and in the meantime, it might help you take your focus off your own challenges.
- Be nice to those who are stressed and anxious – we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through it with compassion and empathy.
- Look after yourself – we all need to think more about self-care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.

The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.



#ACTNOW



Drink Drug Hub is a website offering advice, guidance and accurate information about alcohol and other drugs. If you are curious about how alcohol and other drugs impact your health, how to stay as safe as possible when using alcohol or other drugs or want to know how you can support

someone you are worried about, Drink Drug Hub can help.

Because everyone has the right to the right information about drugs.

www.drinkdrughub.co.uk

