

Guidance for service users making a referral to the Personality Disorder Clinical Network

# **Where can I find information?**

The Personality Disorder Clinical Network (PDCN) offers a range of services to people within the city of Leeds. Information about these services can be found on our website or by contacting the team on 0113 8557950. We now have some short films on our website which give a useful oversight of the services. You can also access our service leaflets, which are available to download.

# To access our website go to [www.leedsandyorkpft.nhs.uk](http://www.leedsandyorkpft.nhs.uk). Select ‘Our Services’ and click on ‘Personality Disorder Managed Clinical Network (Leeds)’

# How do I make a referral?

You can refer yourself to DBT Skills Groups or The Journey Programme, or a referral can be made by a professional working with you. It is a good idea to talk to anyone currently supporting you with your mental health if you are thinking about making a referral as they can support you to think about whether this is right for you, and might be able to help you fill in the referral form.

At the moment referrals for our care co-ordination service can **only** be made by a professional working with you. This could be a mental health nurse, a doctor, or any other professional supporting you with your mental health.

All of our referral forms are available on our website. Alternatively you can contact the team on 0113 8557950 to request one. You can also request a referral form by emailing pdreferrals.lypft@nhs.net

If you require help to complete a referral form for either The Journey Programme or DBT Skills Group please contact the office on 0113 8557950 to request this support.

# What happens after I make a referral?

Referral forms received are discussed at the team’s weekly referral meeting. We also look up information on our Electronic Patient Record System to learn about what other contact you may have had with mental health services in Leeds as this can help us understand whether we are the right service to help you.

At the meeting the team considers each referral and agrees on an outcome. You will then be contacted by phone or letter to let you know the outcome.

All parts of the service are represented at the referral meeting (i.e DBT, Journey and Care co-ordination). It is felt from the information provided that a different service within the network may be more appropriate than the one referred to this will be discussed with you.

We may conclude that we are not the right service to help you with your difficulties at the current time. Where this is the case we will seek to make alternatives recommendations to support you to access appropriate help.

We will try and contact you as promptly as we can to let you know the outcome of your referral, as we know waiting to hear back from services can be an anxious time. We aim to get back to all service users within 4 weeks.

# Is anything else required?

We may contact you after you have made a referral for some more information if we feel this is needed. You can help by making sure your contact details are up to date and by letting us know of any changes.

We may also contact someone you have told us about in your referral form who is currently working with you for information.

Ellen Scroop

Clinical Team Manager

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