



Mental Health Navigator (SWYFT)

Who are the Mental Health Navigators?

There are 3 Registered Mental Health Nurses based within the three Connecting Care+ Hubs (Castleford Civic Centre, Waterton House and Bullenshaw)

What can the Mental Health Navigators offer?

Their function is three fold and underpinned by the philosophies of mental health promotion, empowerment and personal responsibility.

Function 1

- Conduct a holistic mental health assessment on those identified. These should be undertaken in a timely manner, and alongside partner agencies if appropriate
- Support patients to access appropriate support and advice
- Guide patients and their families/carers through the mental health care system, signposting to the most appropriate service and enabling patients to make informed choices
- Promote self-directed care and work collaboratively with patients/carers/families on personalised care plans
- Work collaboratively with partners and external service providers/agencies who may contribute to the above process
- Provide early interventions and support to patients to prevent presentation to hospital with an acute episode
- Focus on recovery and improve access for all patients – ‘right person, right place, right service’

Function 2

- Provide mental health advice, education and support to team members
- Identify and develop educational sessions for those within the hub

Function 3

- Improve mental health knowledge within GP surgeries, acting as a source of support for surgeries in the management of patients presenting with mental health issues
- Share information with community anchors
- Share good practice and participate in research
- Improve the profile of mental health and wellbeing services
- Reduce the number of patients requiring ongoing support from health and social care

Access & Criteria / Referring to us

Mental Health Navigators will work with anyone over the age of 18 living in the community who is experiencing a mental health problem. We would not accept referrals for;

- Those exhibiting acute physical ill health, or in an acute phase of mental illness.
- Those who pose a high risk to themselves or others.
- Patients who are actively suicidal
- A pre-existing diagnosis of unstable severe mental illness
- Those with significant impairment of cognitive function e.g. dementia, autistic spectrum problems of learning difficulties. This also includes patients who need to be referred for forensic or neuropsychological assessment. Such individual's needs are best met via specialist or secondary community mental health teams
- WDH tenants requiring MH support require referral to the WDH Health and Wellbeing team who can provide MHN assessment
- Patients already receiving support from secondary care MH services, or with a referral for secondary care services in situ

If a patient is not suitable for support from the MHN, they will work proactively with other providers to ensure the right care is secured.

Locations & Opening Hours

There is one Mental Health Navigator based within each of the Connecting Care Hubs:

Waterton Hub Monday to Friday between the hours of 8am – 4pm

- Email – lesley.harris@swyt.nhs.uk
- Phone – 07979 532772
- Face to face at hub

Castleford Civic Centre Monday to Thursday between the hours of 8am – 4pm

- Email – emma.clough@swyt.nhs.uk
- Phone – 07879 602281
- Face to face at hub

Bullenshaw Monday to Friday between the hours of 8:30am – 4:30pm

- Email – richard.barratt@swyt.nhs.uk
- Phone – 07585 201476
- Face to Face at hub

The service is not currently available evenings, weekends, nights or bank holidays.