



# SHELBY HUGHES

MENTAL HEALTH CARE CO-ORDINATOR

## ABOUT ME

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Hi, i'm Shelby, I am the Mental Health Care Coordinator with a focus on mild to moderate mental health issues. I have been in the role since November 2021 and I have a degree in Psychology with counselling skills.

In my role I aim to help patients to understand what support options are available to them. I also aim to empower patients to recognise an issue and make changes to their routines or lifestyle that can help them to manage their overall wellbeing.

## ● CONTACT ME

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Please ask reception to make a referral.



## THINGS I CAN SUPPORT WITH:

- My role is to provide support to patients struggling with low mood, anxiety and stress or anything considered to be mild to moderate mental health issues.
- I can provide and work through self help techniques to help patients improve their mental health and work through issues they are facing.
- I can work with patients who are experiencing low mood and anxiety and help them become more comfortable talking about mental health and gain the confidence to attend alternative services.
- I can discuss mental health services that are based on the Wirral who can provide further support and complete referral forms to those services.
- I will link into other members of the ARRS roles as well as other services to ensure my patients are getting the full support they need to progress.
- I am happy to be a listening ear for patients and provide emotional support to them.
- I can offer up to 6 sessions of support, in some instances I can offer face to face appointments if needed but these are generally telephone appointments.

## TIMETABLE

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**Mon-** PCN Office

**Tue-** PCN Office

**Wed-** PCN Office

**Thur-** Sunlight Group practice

**Fri-** Eastham Group Practice