

Sheffield Adult Mental Health Services

Your brief guide to adult mental health services in Sheffield and first points of access.

For information about all the adult mental health services please visit the website: www.shsc.nhs.uk/service-a-z/

Single Point of Access (SPA) for Adult Community Mental Health Services and the Out of Hours (OOH) Service

SPA offers a 24/7 service for adults wishing to access mental health services in Sheffield. SPA carries out triage, crisis assessment and duty functions.

tel: **0114 226 3636**

e-mail: SPA_AdultMentalHealth@shsc.nhs.uk

Perinatal Mental Health Service

Provides specialist mental health support for women with mental health problems who are planning a pregnancy, are already pregnant, or have given birth in the last two years.

tel: **0114 271 6069**

email: perinatalmentalhealth@shsc.nhs.uk

Sheffield Adult Autism and Neurodevelopmental Service

Provides assessment, diagnosis and time-limited multi-disciplinary interventions for people with an Autistic Spectrum Disorder (ASD) and associated neurodevelopmental disorders including Attention Deficit Hyperactivity Disorder (ADHD).

tel: **0114 271 6964**

Improving Access to Psychological Therapies (IAPT)

Provides access to evidence based psychological therapies for people suffering from mild to moderate depression and anxiety or stress.

IAPT give priority to parents / carers with children under the age of one in the household.

This service is accessed via the GP.

Sheffield Treatment and Recovery Team (START)

Provides treatment and support for alcohol, non-opiate and opiate misuse

Tel: **0114 3050500**

www.shsc.nhs.uk

www.sheffieldmentalhealth.co.uk