



While you wait

Once you have made up your mind to seek support, you may be frustrated to find you have to wait for an appointment. Wait lists are common unless it is an emergency.

But don't worry, there are many things you can do in the meantime:

- Look after yourself – see our tips for some practical things you can do to help.
- Contact the service you have been referred to and ask to be kept informed about how long your appointment is likely to be, and what you can do while you wait.
- Make sure appointments are arranged to suit you and your family. You may also need to arrange time off with your workplace.
- Ask to be put on a cancellation list (if they have one) to give you the possibility of being seen more quickly. The service may ring you if another person cancels an appointment, so make sure they have a phone number to reach you during the day.
- There may be assistance at work that could help, such as an Employee Assistance Program (EAP). This is confidential; your employer will not know if or why you contacted EAP. Other work-based options could be an Occupational Nurse or Chaplain.
- Some people find it useful to talk to their church leader or cultural advisor.
- You may not have to wait to see a professional in private practice. If you can pay the fee yourself or have insurance benefits you can arrange an appointment with a psychologist, social worker or counsellor in private practice.
- Keep in touch with your G.P. It is really important to let your referrer know if symptoms are getting worse or better. Your place on the wait list depends on many things, including your needs. Particularly let your GP know if you:
 - are feeling more depressed or anxious
 - have increased difficulties at home or work
 - are having thoughts that life is no longer worth living

For any immediate risk and danger dial **111**. Police are part of our community response for people needing help and support and will liaise with the Mental Health Emergency Mental Health Team.

Alternatively you can contact the Mental Health Emergency Mental Health Team directly on 0800 467 846.