

## Brechin and Montrose

Social Work and Health  
28 Panmure Street  
Brechin  
DD9 6AP

Phone: 01356 624771

Fax: 01356 623636

These offices are open between  
8.45am and 5pm.

## Emergencies

In an emergency, after 5pm and before  
8.45am, at weekends, and on public  
holidays, phone the social work out-of-hours  
service on 01382 436430.

For mental-health services, the out-of-hours  
number is 01382 461507.

Or, phone NHS 24 on 08457 242424.



You can get this leaflet in large  
print, in Braille or on audio tape  
by phoning us on 01307 474151.  
We can provide this information in  
other languages if you need it.

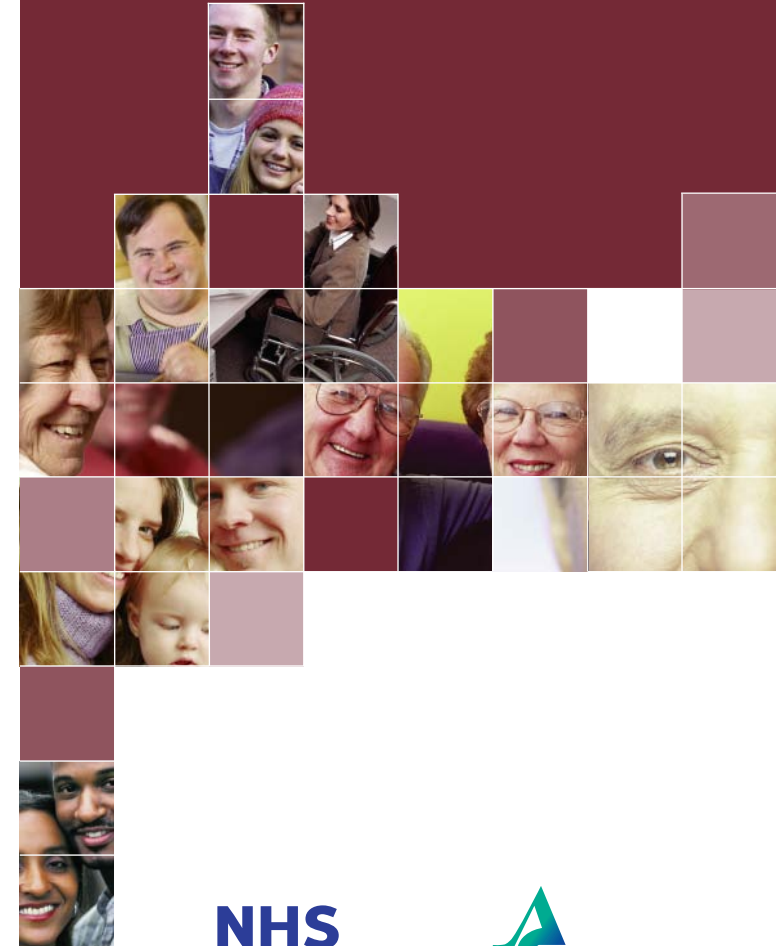
Call ACCESS Angus 08452 777 778 -  
your direct line for council services.

R Peat  
Director of Social Work and Health

June 2007

# Community mental-health teams

How to apply for mental-health  
services for older people in Angus



SOCIAL WORK and HEALTH

Angus Council Social Work and NHS Tayside have set up joint community mental-health teams for older people with mental-health problems. These teams will work with you to decide the kind of support you may need and arrange services to meet these needs.

These teams are made up of experienced staff from health and social work, including mental-health nurses, social workers, occupational therapists, psychiatrists, psychologists and support workers, who work together to help people with mental-health problems, including:

- people of all ages with dementia; and
- older people (people aged 65 and over) with mental-health problems, (such as anxiety and depression), or experiences such as hallucinations, or being upset by delusions (unusual thoughts).

Each team also uses a number of support workers. The support workers provide a range of services including;

- support for carers;
- personal care - help with bathing, dressing, feeding or getting to the toilet; and
- helping draw up care plans.

The teams also work with relatives and carers, offering advice, information and support.

## What types of services may be available

After we have assessed your needs, we may provide the following service.

- Advice, guidance and support
- Monitoring your mental health
- Therapy, including dealing with anxiety
- Admitting you to hospital for assessment
- Day care
- Occupational therapy services, which include providing equipment to help you at home
- Home care
- A range of respite options that can include residential care and care at home
- Welfare benefits and advice about budgeting
- Residential and nursing-home care

## Carers' support

If you are providing regular long-term care, you can ask for an assessment. This will involve a care manager meeting with you to discuss your situation and the range of help available.

Together with the care manager, you can agree what your needs are. The assessment will take account of:

- your needs as a carer;
- the things you have to do to provide care;
- how you are coping;

- any other support you have (for example, friends and family); and
- current services in place.

Your worker will discuss with you what type of help might be available and help you make plans and think about the future.

## How to ask for services

You can ask for services in several ways.

- Contact the teams at any of the offices shown in this leaflet.
- Contact your GP or any other health worker or social worker.
- Phone our ACCESSLine on 08452 777 778.

## Contact names and addresses

There are three community mental-health teams for older people in Angus, and you can contact them as follows.

### Arbroath, Carnoustie and Monifieth

Gowanlea  
12-14 Seaton Road  
Arbroath  
DD11 5DT  
Phone: 01241 437200  
Fax: 01241 437219

### Forfar, Kirriemuir and South West Angus

Whitehills Health and Community Care Centre  
Station Road  
Forfar  
DD8 3DY  
Phone: 01307 475288  
Fax: 01307 475148