

## **AMP Programme:**

### **Increasing Equity of Access to High-Quality Mental Health Services in Primary Care**

#### **Patient Booklet**

#### **Why have I been given this leaflet?**

The person who gave you this leaflet has asked your permission to pass on your name and contact details to a researcher. This leaflet gives you some more information about what will happen next. You have been chosen because you are experiencing low mood or stress and you are registered with one of the GP practices that are helping us with this research project.

#### **What happens next?**

In a few days' time, a researcher from the University of Manchester or University of Liverpool will telephone you to arrange a convenient day and time to come and see you. When they come they will give you an information sheet about the research and what it involves. They will answer any questions and will arrange to come and see you again when you've had a chance to read and think about the information. On the second visit they will ask if you would like to take part. If you agree to take part, they will ask you to sign a consent form.

#### **Can I talk to other people about this?**

Yes, it's fine to talk to other people and to show them this leaflet. Other people can be with you when the researcher comes to visit you, as long as you want them to be there.

#### **What is the research about?**

We are looking at ways to help people like you who are experiencing a low mood or stress. We are providing people called wellbeing facilitators who will meet with some individuals and will make wellbeing plans with them. The wellbeing plan will specify what each person wants to achieve e.g. improved health or feeling less isolated, and the steps that they are going to take in order to get there. We are also providing opportunities to join groups to do particular activities.

#### **What if I decide not to take part?**

If you decide not to take part you can just tell us. It is entirely your choice and you do not need to give a reason. When a researcher phones you up, they will understand if you do not want them to come and visit you. We will not contact

you again unless you want us to. If you decide not to take part it will not affect the standard of care you receive.

You can learn more about this research study, and the people who are conducting it, by contacting us on the numbers listed below, or by visiting our website: <http://www.liv.ac.uk/amp/project.htm>

### **AMP contact details**

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### **If you have any complaints about this research, please contact:**

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AMP PSI Patient Referral Booklet v2 31.03.10