Brent Older Adult Community Mental Health Team
Information for patients and carers
Brent Older Adult Community Mental Health Team (CMHT)

We are a multidisciplinary team providing assessment, care co-ordination and treatment for adults who are experiencing mental health problems related to issues of older age. This may include people with behavioural and psychological difficulties associated with dementia, people with frailty, or with physical illnesses of older age that may be affecting their mental health.

Who’s in the team?

- Community nurses
- Doctors (psychiatrists)
- Occupational therapists
- Psychologists
- Support worker
- Administrators
- Team managers
Who is the service for?
Our team provides assessment and treatment for people who are experiencing serious mental health problems, including depression, anxiety, mood disorders, schizophrenia, bi-polar disorders and complex memory problems.

After a period of treatment most people will be referred back to their general practitioner (GP) when their condition has improved.

A small minority, who need specialist care, will remain with the team for a longer period of ongoing treatment, care co-ordination and monitoring.

What does the team offer?
• Psychiatrists offer medical assessment, diagnosis and advice about medication.
• Community nurses provide emotional and practical support and monitor medication.
• Occupational therapists help people live as independently and actively as possible.
• Psychologists offer detailed assessments and therapeutic interventions.
• We also offer support for families, or carers, if an older person’s mental health difficulties are affecting those close to them.
• If people have more complex or on-going needs, a named person (called a care co-ordinator) will provide that care.
How do I get an assessment?

If you haven’t ever had any contact with the Brent CMHT and you think you need any of our services, you can discuss this with your GP who may refer you to us.

Your GP may want to take a blood test to rule out any other physical health concerns which may be contributing to your difficulties.

If you have had previous contact with the Brent CMHT, you are welcome to ring the team to discuss any difficulties, or concerns that you might have.

What happens next?

After your GP refers you to us, a member of the team will contact you and arrange a visit to see you, usually at your home, at a time that suits you.

When we meet you, we will try to get to know you and may ask you about your health, how you are coping, what your concerns are and what type of help would suit you best.

We can arrange for you to see a mental health doctor (psychiatrist) who will advise on appropriate medication and if any other tests are required.

If you and the team feel that you can benefit from our help, we will then arrange a care, treatment and support plan that works for you.

We can provide treatment at your home, or arrange an admission to hospital if it seems that you may benefit from this.

We can ask Social Services to assess and arrange care services if this would be helpful for you.

We can also arrange for a referral to another team, such as the Memory Service.
Contact details:

Tel: 020 8206 3920
Monday to Friday, 9am to 5pm

Brent Older Adult Community Mental Health Team,
Fairfields House,
Fairfields Crescent, Roe Green,
Kingsbury NW9 0PS

Fax: 020 8206 3930

Visiting us

Tube:
Kingsbury Tube Station - Jubilee Line (10-15 minutes walk).

Bus stop in Roe Green:
204, 324, 302.

Other nearby buses:
183, 653, 683.

Car:
There is parking on the road,
or limited car parking at Fairfields House.

Tell us, we’re listening!

Our staff want to know how they are doing. Tell us what you think at: www.cnwl.nhs.uk/feedback then we’ll know what we have to do.

We aim to provide you with the best possible care. If you are happy with the service you have received and would like to pass on a compliment, please speak to a member of staff or contact our Patient Support Service.

If you are unhappy with our services, please speak to the service manager. If this does not resolve your problem, please contact our Patient Support Service on 0300 013 4799 or at feedback.cnwl@nhs.net