

# LONDON WOMEN'S MHTR

## SERVICE FACTSHEET

- This is a service for adults who identify as female (including transgender women) or are non-binary and were assigned female at birth.
- The service currently delivers primary care MHTRs for individuals living across London.
- The primary care MHTR is a sentencing option for individuals with mild to moderate mental health difficulties.
- The service includes treatment that consists of 10-12 sessions with a clinician. This can be completed face to face or remotely.
- The MHTR does not need a psychiatrist sign off; it can be recommended by Principal Clinical Psychologists, who work in the service.
- The service user can engage with other mental health teams whilst being under the Women's MHTR; this would be considered on a case-by-case basis.
- The Women's MHTR can be combined with Rehabilitation Activity Requirement (RAR) days and either a Drug Rehabilitation Requirement (DRR) or an Alcohol Treatment Requirement (ATR).
- The service user does not need a GP whilst being referred to the Women's MHTR. However, they would need a GP before starting MHTR intervention.
- The service user can be homeless when referred. However, the post-sentence home address has to be a London borough, or there has to be some link with London.
- Consent for referral needs to be obtained from the service user at the time of the referral.
- A psychiatric diagnosis is not necessary - just that they could benefit from mental health support/mental health played a role in their offence.
- The service user would need to have a willingness to engage and would benefit from a psychological intervention.
- The offence must be eligible for a Community Sentence Order range (Community Order or Suspended Sentence Order).
- The service user is eligible once they plead guilty or are found guilty after trial.
- **Exclusion Criteria:** Actively experiencing psychosis, or actively suicidal.
- **Please get in touch with the London Women's MHTR team if you have any questions: [oxl-tr.londonmhtr@nhs.net](mailto:oxl-tr.londonmhtr@nhs.net)**
- Please note our office hours are Monday to Friday 9am to 5pm. We do not operate as a crisis service. For out of hours support, please contact 111, your local crisis team or the Samaritans on 116 123. If you require urgent support, call 999 or go to A&E.