

Dear (Person on list awaiting assessment appointment but not offered one yet)

Your name has been put forward as someone who may be interested in attending the next available 'Mood on Track' course, which is a group programme we run in the Bipolar Service.

At this point we would normally offer you an assessment appointment; this would give you the opportunity to talk to one of the clinicians who runs the groups, find out more about the 'Mood on Track' programme and to see if it is something that you feel that you might benefit from.

Unfortunately, due to social distancing measure being introduced to reduce the spread of Coronavirus we have had to postpone our group meetings and new assessment appointments at this current time.

Please be assured that your name will remain on our list of people awaiting assessment and your referral to our service will remain open. We will send you an appointment as soon as restrictions are no longer in place.

You will remain under the care of your current Community Mental Health Team and should contact them as you usually would if you have any concerns about your mental health.

Once the social distancing measures are no longer needed we will be writing to you with an assessment appointment.

If you have any questions or would like to contact us please call us on 0121 301 3370 or email MDS.BSMHFT@NHS.NET.

Yours Sincerely

Dr Elizabeth Newton
Consultant Clinical Psychologist
Lead for Bipolar Service BSMHFT