

MENTAL HEALTH REMOTE MONITORING

How do I register?

Step 1 - You will receive a text or an email from 'Connect Me' which will include the web link to access the secure website. (If you do not have access to a device your Keyworker will offer other ways to conduct your side effect review).

Step 2 - You will be asked to enter your DOB to complete the questionnaire on the secure website.

Step 3 - You will be required to complete the questionnaire within 14 days and will also be sent reminders during this period. Your answers will be recorded in the remote health system and you will have access to links to help you manage your condition.



What happens with my results?

The measurements and responses to questions will be available to your care team who can then check your results and decide whether they need to get in touch with you to arrange follow up prior to your next routine appointment if applicable.



What will I need?

A telephone, mobile, smartphone, laptop or tablet device (depending on your chosen method of submitting your readings)



What questions will I be asked?

When using the remote health monitoring, you will be asked to answer simple questions about how you have been recently. Your key worker will advise the type of questions you will be asked as this depends on what outcome measure you have been asked to complete.



Important Note...

The monitoring service is not an emergency response.

Your answers will not be viewed by a clinician straight away. If you need immediate assistance, you should phone your family doctor (GP) or call NHS 24 on 111. In case of an emergency, dial 999.

Useful links include:

Samaritans: Call 116 123 www.samaritans.org

Breathing Space: Call 0800 838587 www.breathingspace.scot

NHS Inform offers a range of mental health resources and support services that can help you to manage your mental wellbeing and access care when needed - <https://www.nhsinform.scot/>

