Adult Mental Health Services Commissioned

GPs deliver a range of services to their patients (not Adult Mental Health commissioned).

Encouraging use of 'Healthy Walks' scheme as an effective intervention for depression.

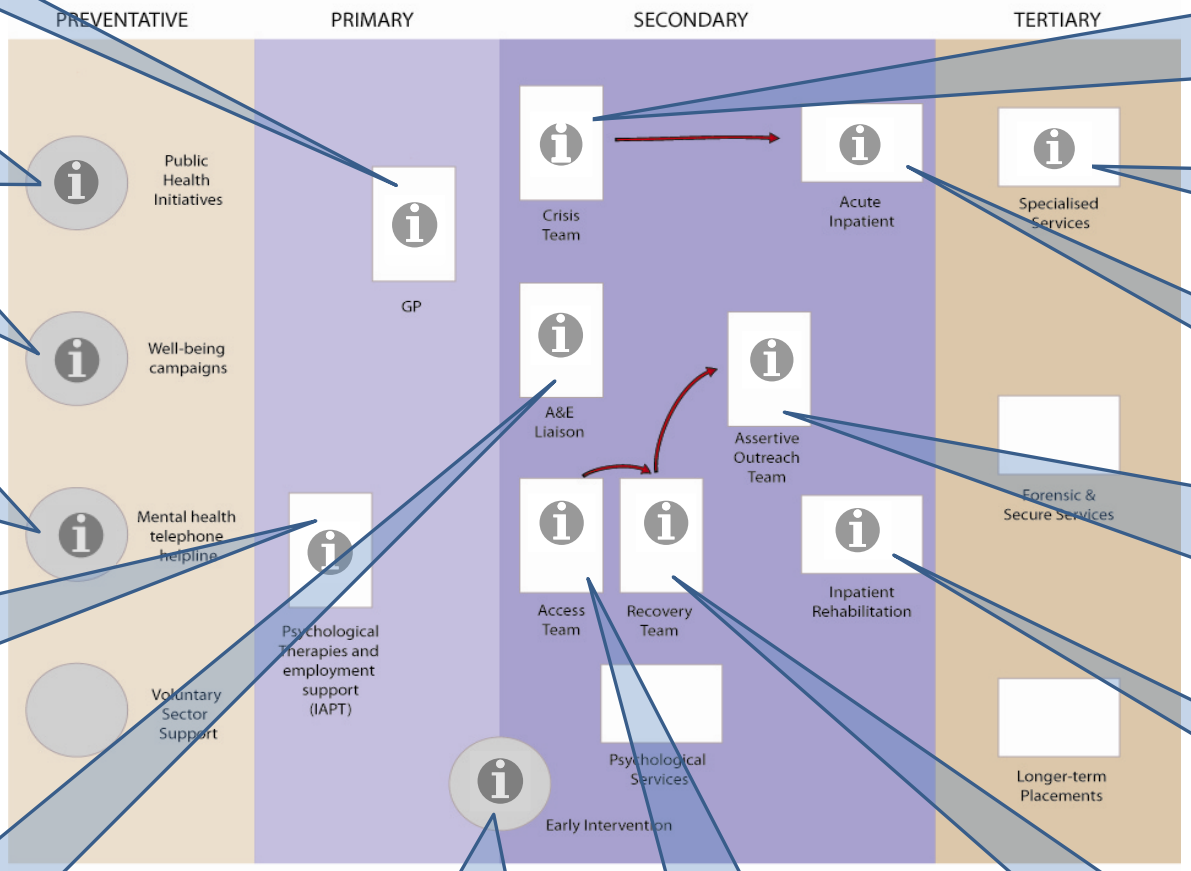
Working with the 'Mindful Employer' initiative to reduce stigma around mental illness.

Mental health telephone helpline - jointly commissioned from the voluntary sector organisation 'Mental Health Matters.

Psychological therapies and employment support

- Part of the national Increasing Access to Psychological Therapies (IAPT) programme.

- Provides psychiatric treatment to patients attending general hospitals, in particular accident and emergency departments and in-patient wards.
- Professionals deal with the interface between physical and psychological health providing effective treatment with psychological or pharmacological methods.



- Provides intensive support, including medication, for people in mental health crises in their own home.
- Prevents hospital admissions and facilitates early discharge.
- Stays involved on a short term basis until the problem is resolved.

Specialist services such as Eating Disorders, Mother and Infant Mental Health.

Phased reduction in beds since 2004 alongside developments and increased investment in community-based services.

- Provide intensive support for severely mentally ill people who are 'difficult to engage' in more traditional services.
- Many will have a forensic history and a dual diagnosis.
- Care and support is offered in their homes or some other community setting.
- The aim of the service is to maintain contact and increase engagement and compliance.

- For people with complex behaviours or co-morbidities.
- Helps to develop daily living skills, roles and routines.
- Supports move-on to less supported environment.

- Multi-disciplinary community teams.
- Provide care and treatment to people between 14 and 35 years of age who are either at risk of, or are currently experiencing, a first episode of psychosis.
- The longer an episode of psychosis goes untreated, the poorer the outlook for someone.
- Actively seek referrals from schools etc.

Provide assessment, treatment and support to people with a wide range of more complex mental health problems. Split into:

- Access – assessment and shorter term interventions (up to 6 months).

Provide assessment, treatment and support to people with a wide range of more complex mental health problems. Split into:

- Recovery – longer term care and support to people with more severe and enduring problems.