






Overview of Mental Health Services

APPENDIX 1

| Service Access Point | | Service Options Available | Purpose | Criteria for Access | General Guidance |
|------------------------------------|---|--|---|--|---|
| HEALTHCARE (PLANNED ACCESS) | |  <p>Management of MH through Primary Care</p> <p>Social Prescribing services</p> <p>Talking Therapies</p> | <p>To support GPs to link people with non-clinical services that could improve their health & well-being</p> <p>1:1 talking therapies plus group work and advice mainly for people with common mental disorders such as depression & anxiety.</p> | <p>Universal</p> <p>Self-referrals as well as clinical referrals.</p> | <p>Where there are concerns about somebody's mental health or well-being, people should be directed to their GP in the first.</p> |
| | | <p>GP</p> <p>SPA Single Point of Access</p> | <p>Local MH Teams (secondary care), including:</p> <ul style="list-style-type: none"> • Assertive Outreach • Employment Support Service | <p>For more specialist support to those with more complex mental health needs.</p> | |
| |  <p>Early Intervention in Psychosis (EIP)</p> | <p>Early assessment & response to 'First Episode of Psychosis'</p> | | | |

| Service Access Point | | Service Options Available | Purpose | Criteria for Access | General Guidance | |
|---|--|---|---|---|--|--|
| HEALTHCARE (UNPLANNED) | A&E/ Crisis Response |  | 24-hour Helpline | VCSE provided, community-based centres of support | Open to anyone who is concerned about deterioration in their mental health. Open to people known to secondary MH services | Where someone is in extreme distress and/or talking about suicide, a crisis plan should be followed where this is in place, otherwise contact GP, call 111 or take to A&E. |
| | | | Crisis Sanctuaries | | | |
| Crisis Resolution & Home Treatment (CRHT) | 1hour response to support clinicians at Emergency Department where people present with MH-related needs. | | | | | |
| Rapid Response Liaison Psychiatry / CAMHS Crisis Team | Hospital-based care | | | | | |
| SOCIAL CARE SERVICES (PLANNED) | CSC |  | Maximising Independence Service | Develop and maintains district Well-being hubs through which people can share experience, identify common interests and supported to co-produce new community-based interest groups. | For access to any of these services, enquiries should be directed through the Customer Service Centre 0300 500 80 80 | |
| | | | Moving Forward | Service provided for NCC by Framework to support people with mental health needs to regain control of housing and money problems; build knowledge and skills for recovery and independence; and planning for staying independent & well. | | |
| | | | Community Mental Health Teams, including: <ul style="list-style-type: none"> • Reablement • Statutory functions Plus access to: <ul style="list-style-type: none"> • Supported Living • Residential care | Short term help to support people to regain self-management around activities of daily living. Includes planned support for people whose mental ill-health impacts their ability to manage daily living and this is further impacting their well-being. Housing with support for people needing higher levels of support and supported environment. | | |

| Service Access Point | | Service Options Available | Purpose | Criteria for Access | General Guidance | |
|--------------------------|---|--|--|---|---|--|
| ASC (UN-PLANNED) | | | AMHP Team (Approved Mental Health Professionals) | Carries out the Authority's duties of assessment under the Mental Health Act. | Generally referred to by concerned professionals concerned | |
| OTHER SERVICES AVAILABLE | CSC or self-referral  | Community-based services that support good mental/physical health and well-being | E.g. <ul style="list-style-type: none"> • Middle Street Resource Centre (including Mindset and Next Step Network), Broxtowe • Step by Step, Ashfield • Peace of Mind Allotment Group, Mansfield • Newark Mind • Bassetlaw Mind • Rushcliffe Reach Out Group • The Friday Group, Gedling • Rambling Minds walking group | Anyone can use Notts Help Yourself (NHY) to find what's on offer in their area. Generally open access. Sometimes membership/charges apply | We should all be considering ways to manage and improve our mental well-being. These services are appropriate for people not receiving other service or to complement other services. | |
| | | Recovery College | A range of courses, co-produced with people with lived experience of mental health problems, to provide strategies and techniques that promote recovery, self-management & well-being. | Open to anyone affected by mental health issues. Prospectus available online | | |
| | | C.A.B. | Advice on debt, benefits, housing, employment, health and more. | Open to all. | | |
| | | Helplines/ support | Text | E.g. SAMARITANS - Tel.116 123 / Text SHOUT | Use NHY to find a range of national and local helplines | |