



1 in 4 OF US  
WILL EXPERIENCE  
MENTAL HEALTH  
PROBLEMS  
IN OUR LIFETIME.

NO  
MORE  
STIGMA!



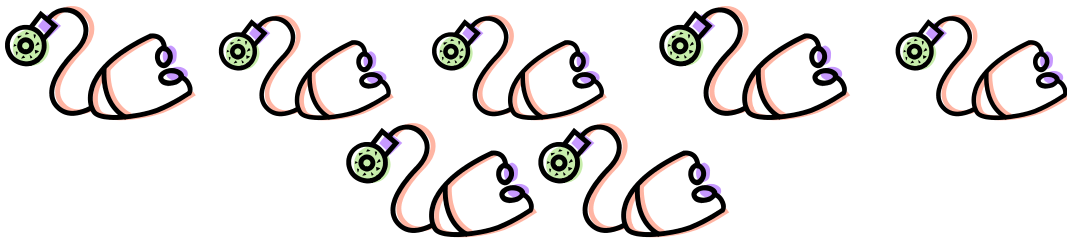
MANOR PRACTICE PATIENT PARTICIPATION GROUP  
ARE HOLDING  
A MENTAL HEALTH AWARENESS EVENT  
ON  
MONDAY 22<sup>ND</sup> MAY 2017 6.30 P.M. - 8 P.M.  
AT  
ASHFURLONG MEDICAL CENTRE  
TAMWORTH ROAD

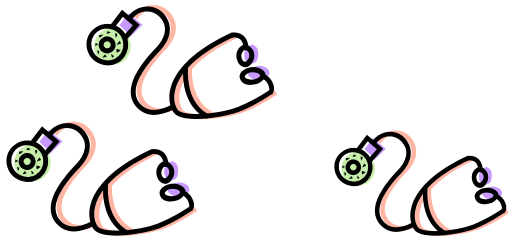
The aspects being discussed at this particular event are  
**Depression, Anxiety and Self Esteem**

# MANOR PRACTICE

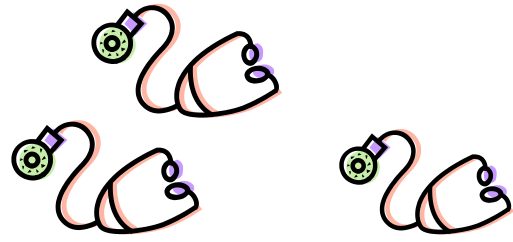
# NEWSLETTER

SPRING 2017





# MANOR PRACTICE NEWSLETTER



Dear Patients of Manor  
Practice

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Mental Health  
Awareness Event

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Page 14: Organisations  
offering help

Page 14: NHS ENGLAND

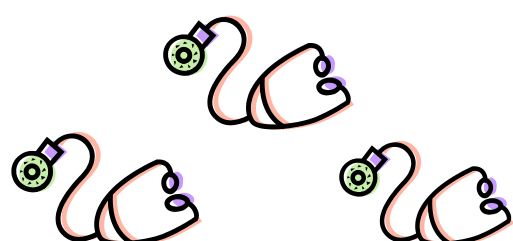
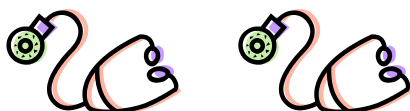
The Spring Newsletter is dedicated to Mental Health Awareness- 1 in 4 people in the UK will experience a Mental Health Problem each year

Last year the PPG held a Health Awareness Event on Prostate Cancer and we were delighted it was such a huge success.

This year on May 22<sup>nd</sup> we are holding our awareness event on Mental Health. Because it covers such a huge spectrum we will concentrate on Depression, Anxiety & Self -esteem

On page 3 you will find your invite and details.

We look forward to seeing you





## THE DOCTORS

Dr Nigel Speak  
 Dr Mark Forshaw  
 Dr Judith Rimmer  
 Dr Caroline Wall  
 Dr Nim Cave  
 Dr Mira Pattni (Maternity leave)  
 Dr Isobel King  
 Dr Fraser Hewett  
 Dr Guan Chan  
 Dr Ana Dasgupta (Maternity locum)  
 Dr Konrad Chmiel (ST3) Dr.Parry (FY2)

## DID YOU KNOW.....



The Doctors and Nurses are happy to give telephone advice in order to give you a better and efficient response to your need.

This could be to follow up a consultation or for a new problem

If you leave your contact number at reception, with some details of your enquiry, the doctor or nurse will call you back at an appropriate time



## TEST RESULTS

Patients may obtain test result information by phoning the surgery during weekdays between the hours of 11am and 4pm

James Preston: 0121 355 5473

Ashfurlong: 0121 323 2121



## MINOR ILLNESS CLINIC

Manor Practice has a Nurse Practitioner who will see Patients in our minor illness clinic

The Nurse can prescribe treatment for an extensive range of minor ailments, for example all infections, acute asthma, rashes and contraception



## MAKE A NOTE

GP surgery hours 8:00am to 6:30pm  
 Mon-Fri,

Ashfurlong only - Mon - 6:30-8:15p.m. & Saturday 8-12p.m.

GP appointments within 48 hours,  
 nurse appointments within 48 hours

GP out of hours - between 6:30pm  
and 8:00am

NHS 111 - non emergency service 24  
hours advice or [www.nhs.uk](http://www.nhs.uk)



## APPOINTMENTS

You can now book appointments on the internet. If you wish to use this service you simply need to obtain a registration letter from reception and follow the simple instructions.

**Appointments can be booked**  
 Mon-Fri 8-12:30p.m.& 1:30-6:00p.m.



## INTERNET PRESCRIPTIONS

You can order prescriptions On- line. After accessing the website, click on online services and register yourself for a password. When authorised please follow instructions

# YOU ARE INVITED TO ATTEND THE PPG MENTAL HEALTH AWARENESS EVENT



MANOR PRACTICE PATIENT PARTICIPATION GROUP  
ARE HOLDING

A MENTAL HEALTH AWARENESS EVENT  
ON

MONDAY 22<sup>ND</sup> MAY 2017 6.30 P.M. - 8 P.M.

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TAMWORTH ROAD

The aspects being discussed at this particular event are  
**Depression, Anxiety and Self Esteem**

**1 in 4 people in the UK will experience a Mental Health Problem each year**

Sometimes these subjects are **very difficult to talk about** even to those closest to us.

**We may not know who to turn to.**

This event is to enable us all to gain an **insight and deeper knowledge** and **understanding** regards these issues, **enabling** us to support a **relative/friend/partner..... Ourselves**

## Programme:

6.30pm	Start and introduction of organisations
6.40pm	Presentation: Jess Key - Birmingham Mind Wellbeing
Hub age 18+	
7.00pm	Presentation: Living Well Consortium age 14+
7.20pm	Talk: Dr F Hewett (Partner) Manor Practice
7.30pm	Q & A Session

There will also be a representative from Birmingham and Solihull Mental Health NHS Foundation Trust



# DEPRESSION

Am I depressed? How can I feel less stressed? Why am I so anxious?



## Low mood and depression

Difficult events and experiences can leave us in low spirits or cause depression.

It could be relationship problems, bereavement, sleep problems, stress at work, bullying, chronic illness or pain.

Sometimes it's possible to feel down without there being an obvious reason.

## What's the difference between low mood and depression?

A general low mood can include:

- sadness
- feeling anxious or panicky
- worry
- tiredness
- low self-esteem
- frustration
- anger



However, a low mood will tend to lift after a few days or weeks. Making some small changes in your life, such as resolving a difficult situation, talking about your problems or getting more sleep, can usually improve your mood.

A low mood that doesn't go away can be a sign of depression.

Symptoms of depression can include the following:

- low mood lasting two weeks or more
- not getting any enjoyment out of life
- feeling hopeless
- feeling tired or lacking energy
- not being able to concentrate on everyday things like reading the paper or watching television
- comfort eating or losing your appetite
- sleeping more than usual or being unable to sleep
- having suicidal thoughts or thoughts about harming yourself

## Symptoms of Depression

The symptoms of depression can be complex and vary widely between people. But as a general rule, if you're depressed, you feel sad, hopeless and lose interest in things you used to enjoy.

The symptoms persist for weeks or months and are bad enough to interfere with your work, social life and family life.

There are many other symptoms of depression and you're unlikely to have all of those listed below.

### **Psychological symptoms**

The psychological symptoms of depression include:

- continuous low mood or sadness
- feeling hopeless and helpless
- having low self-esteem
- feeling tearful
- feeling guilt-ridden
- feeling irritable and intolerant of others
- having no motivation or interest in things
- finding it difficult to make decisions
- not getting any enjoyment out of life
- feeling anxious or worried
- having suicidal thoughts or thoughts of harming yourself

### **Physical symptoms**

The physical symptoms of depression include:

- moving or speaking more slowly than usual
- changes in appetite or weight (usually decreased, but sometimes increased)
- constipation
- unexplained aches and pains
- lack of energy
- low sex drive (loss of libido)
- changes to your menstrual cycle

- disturbed sleep - for example, finding it difficult to fall asleep at night or waking up very early in the morning

### **Social symptoms**

The social symptoms of depression include:

- not doing well at work
- avoiding contact with friends and taking part in fewer social activities
- neglecting your hobbies and interests
- having difficulties in your home and family life

### **Severities of depression**

Depression can often come on gradually, so it can be difficult to notice something is wrong. Many people try to cope with their symptoms without realising they're unwell.

It can sometimes take a friend or family member to suggest something is wrong.

Doctors describe depression by how serious it is:

- mild depression - has some impact on your daily life
- moderate depression - has a significant impact on your daily life
- severe depression - makes it almost impossible to get through daily life; a few people with severe depression may have psychotic symptoms



## **Grief and depression**

It can be difficult to distinguish between grief and depression. They share many of the same characteristics, but there are important differences between them.

Grief is an entirely natural response to a loss, while depression is an illness.

People who are grieving find their feelings of sadness and loss come and go, but they're still able to enjoy things and look forward to the future.

In contrast, people who are depressed constantly feel sad. They don't enjoy anything and find it difficult to be positive about the future.

## **Other types of depression**

There are different types of depression and some conditions where depression may be one of the symptoms. These include:

- postnatal depression - some women develop depression after they have a baby; this is known as postnatal depression and it's treated in a similar way to other types of depression, with talking therapies and antidepressant medicines
- bipolar disorder - also known as "manic depression", in bipolar disorder there are spells of both depression and excessively high mood (mania); the depression

symptoms are similar to clinical depression, but the bouts of mania can include harmful behaviour, such as gambling, going on spending sprees and having unsafe sex

- seasonal affective disorder (SAD) - also known as "winter depression", SAD is a type of depression with a seasonal pattern usually related to winter

## **When to get help for low mood or depression**

Whatever the cause, if negative feelings don't go away, are too much for you to cope with, or are stopping you from carrying on with your normal life, you may need to make some changes and get some extra support.

If you're still feeling down after a couple of weeks, talk to your GP or call NHS 111. Your GP can discuss your symptoms with you and make a diagnosis.

## **What types of help are available?**

If you are diagnosed with depression, your GP will discuss all of the available treatment options with you, including self-help, talking therapies and antidepressants.





## Self-help

Whether you have depression or just find yourself feeling down for a while, it could be worth trying some self-help techniques.

Life changes, such as getting a regular good night's sleep, keeping to a healthy diet, reducing your alcohol intake and getting regular exercise, can help you feel more in control and more able to cope.



Self-help techniques can include activities such as meditation, breathing exercises and learning ways to think about problems differently.



Tools such as self-help books and online counselling can be very effective.

If your GP has prescribed antidepressants, it's important that you carry on taking them.

## Talking therapies

There are lots of different types of talking therapies available. To help you decide which one would most suit you, talk to your GP or read about the different types of talking therapies.

In some areas, you can refer yourself directly to your local psychological therapies service.

## Antidepressants

Antidepressants are commonly used to treat depression. There are several types available. If your GP prescribes you antidepressants, they will discuss the different types and which one would suit you best.



## When to seek help immediately

If you start to feel like your life isn't worth living, or that you want to harm yourself, get help straight away.

Either see your GP or call NHS 111. You can also call Samaritans on 116 123 for 24-hour confidential, non-judgemental emotional support.

## What is stress?

Stress is the feeling of being under too much mental or emotional pressure. Pressure turns into stress when you feel unable to cope. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else.



Many of life's demands can cause stress, particularly work, relationships and money problems. And, when you feel stressed, it can get in the way of sorting out these demands, or can even affect everything you do.

Stress can affect how you feel, think, behave & how your body works.



In fact, common signs of stress include sleeping problems, sweating, loss of appetite and difficulty concentrating.

You may feel anxious, irritable or low in self esteem, and you may have racing thoughts, worry constantly or go over things in your head. You may notice that you lose your temper more easily, drink more or act unreasonably. You may also experience headaches, muscle tension or pain, or dizziness.

Stress causes a surge of hormones in your body. These stress hormones are released to enable you to deal with pressures or threats - the so-called "fight or flight" response. Once the pressure or threat has passed, your stress hormone levels will usually return to normal. However, if you're constantly under stress, these hormones will remain in your body, leading to the symptoms of stress.

### **Managing stress in daily life**

Stress is not an illness itself, but it can cause serious illness if it isn't addressed. It's important to recognise the symptoms of stress early. Recognising the signs and symptoms of stress will help you figure out ways of coping and save you from adopting unhealthy coping methods, such as drinking or smoking.

There is little you can do to prevent stress, but there are many things you can do to manage stress more effectively, such as learning how to relax, taking

regular exercise and adopting good time-management techniques.

Studies have found that mindfulness courses, where participants are taught simple meditations across a series of weeks, can also help to reduce stress and improve mood.

### **When to see your GP about your stress levels**

If you've tried self-help techniques and they aren't working, you should go to see your GP. They may suggest other coping techniques for you to try or recommend some form of counselling or cognitive behavioural therapy.

If your stress is causing serious health problems, such as high blood pressure, you may need to take medication or further tests. Mental health issues, including stress, anxiety and depression, are the reason for one-in-five visits to a GP.

### **Recognising your stress triggers**

If you're not sure what's causing your stress, keep a diary and make a note of stressful episodes for two-to-four weeks. Then review it to spot the triggers. Things you might want to write down include:

- the date, time and place of a stressful episode
- what you were doing
- who you were with
- how you felt emotionally
- what you were thinking
- what you started doing
- how you felt physically

- a stress rating (0-10 where 10 is the most stressed you could ever feel)



You can use the diary to:

- work out what triggers your stress
- work out how you operate under pressure
- develop better coping mechanisms

Doctors sometimes recommend keeping a stress diary to help them diagnose stress.



### **Take action to tackle stress**

There's no quick-fix cure for stress, and no single method will work for everyone. However, there are simple things you can do to change the common life problems that can cause stress or make stress a problem. These include relaxation techniques, exercise and talking the issues through.

Find out more by checking out these 10 stress busters at- <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/reduce-stress.aspx>

### **Get stress support**

Because talking through the issues is one of the key ways to tackle stress, you may find it useful to attend a stress management group or class.

These are sometimes run in doctors' surgeries or community centres. The class's help people identify the cause of their stress and develop effective coping techniques.

Ask your GP for more information if you're interested in attending a stress support group. You can also use the search directory to find emotional support services in your area.

## **ANXIETY**

**Anxiety is a feeling of unease, worry or fear. Everyone feels anxious at some point in their life, but for some people it can be an ongoing problem.**



A little bit of anxiety can be helpful; for example, feeling anxious before an exam might make you more alert and improve your performance. But too much anxiety could make you tired and unable to concentrate.

### **Symptoms of anxiety**

Anxiety can have both psychological and physical symptoms. Psychological symptoms can include:

- feeling worried or uneasy a lot of the time

- having difficulty sleeping, which makes you feel tired
- not being able to concentrate
- being irritable
- being extra alert
- feeling on edge or not being able to relax
- needing frequent reassurance from other people
- feeling tearful

When you're feeling anxious or stressed, your body releases stress hormones, such as adrenaline and cortisol. These cause the physical symptoms of anxiety, such as an increased heart rate and increased sweating.



Physical symptoms can include:

- a pounding heartbeat
- breathing faster
- palpitations (an irregular heartbeat)
- feeling sick
- chest pains
- headaches
- sweating
- loss of appetite
- feeling faint
- needing the toilet more frequently
- "butterflies" in your tummy

Anxiety can also be a symptom of another condition, such as panic disorder (when you have panic attacks) or post-traumatic stress disorder, which is caused by frightening or distressing events.

## Is anxiety bad for you?

A little anxiety is fine, but long-term anxiety may cause more serious health problems, such as high blood pressure (hypertension). You may also be more likely to develop infections. If you're feeling anxious all the time, or it's affecting your day-to-day life, you may have an anxiety disorder or a panic disorder.



## Help for anxiety and panic

There are effective treatments available for anxiety and panic disorders, so do talk to your GP if you think you may benefit from them.

You could also consider using an online mental health service, such as FearFighter. You may be able to get this free on the NHS - ask your GP or mental health professional, or contact the service directly to find out.



## SELF ESTEEM

### Raising low self-esteem

**We all have times when we lack confidence and don't feel good about ourselves.**

But when low self-esteem becomes a long-term problem, it can have a harmful effect on our mental health and our lives.

Self-esteem is the opinion we have of ourselves. When we have

healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us able to deal with life's ups and downs better.

When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges life throws at us.

### **What causes low self-esteem?**

Low self-esteem often begins in childhood. Teachers, friends, siblings, parents, and even the media give us lots of messages - both positive and negative. But for some reason, the message that you are not good enough sticks.

You may have found it difficult to live up to other people's expectations of you, or to your own expectations.

Stress and difficult life events, such as serious illness or a bereavement, can have a negative effect on self-esteem. Personality can also play a part.

Some of us are simply more prone to negative thinking, while others set impossibly high standards for themselves.

### **How does low self-esteem affect us?**

The problem with thinking we're no good is that we start to behave as if it's true. "Low self-esteem often changes people's behaviour in ways that act to confirm the person isn't able to do things or isn't very good," says Chris Williams, Professor of

Psychosocial Psychiatry at the University of Glasgow.

If you have low self-esteem or confidence, you may hide yourself away from social situations, stop trying new things and avoid things you find challenging.

"In the short term, avoiding challenging and difficult situations makes you feel a lot safer," says Professor Williams. "In the longer term, this avoidance can actually backfire because it reinforces your underlying doubts and fears. It teaches you the unhelpful rule that the only way to cope is by avoiding things."

Living with low self-esteem can harm your mental health, leading to problems such as depression and anxiety. You may also develop unhelpful habits, such as smoking and drinking too much, as a way of coping.

### **How to have healthy self-esteem**

In order to boost self-esteem, you need to identify and challenge the negative beliefs you have about yourself.

"You need to look at your beliefs, how you learned them and why you believe them," says Professor Williams. "Then actively begin to gather and write down evidence that disconfirms them."

Learn to spot the negative thoughts you have about yourself. You may tell yourself you are "too stupid" to apply for a new job, for example, or that "nobody cares" about you. Start to note these negative thoughts and

write them down on a piece of paper or in a diary, suggests Professor Williams.



Ask yourself when you first started to think these thoughts.

Next, start to write down evidence that challenges these negative beliefs: "I am really good at cryptic crosswords" or "My sister calls for a chat every week". Write down other positive things you know to be true about yourself, such as "I am thoughtful" or "I am a great cook" or "I am someone that others trust".

Also write down good things that other people say about you.



Aim to have at least five things on your list and add to it regularly. Then put your list somewhere you can see it. That way, you can keep reminding yourself that you are OK. "It's about helping people recognise they have strengths as well as weaknesses, like everyone else, and begin to recognise those strengths in themselves," says Professor Williams.

"You might have low confidence now because of what happened when you were growing up," he says. "But we can grow and develop new ways of seeing ourselves at any age."

## **Other ways to improve low self-esteem**

Here are some other simple techniques that may help you feel better about yourself.

### **Recognise what you are good at**

We are all good at something, whether it's cooking, singing, doing puzzles or being a friend. We also tend to enjoy doing the things we are good at, which can help to boost your mood.



### **Build positive relationships**

If you find certain people tend to bring you down, try to spend less time with them, or tell them how you feel about their words or actions. Seek out relationships with people who are positive and who appreciate you.

### **Be kind to yourself**

Professor Williams advises: "Be compassionate to yourself. That means being gentle to yourself at times when you feel like being self-critical. Think what you'd say to encourage a friend in a similar situation. We often give far better advice to others than we do to ourselves."

### **Learn to be assertive**

Being assertive is about respecting other people's opinions and needs, and expecting the same from them.

One trick is to look at other people who act assertively and copy what they do. "It's not about pretending you're someone you're not," says Professor

Williams. "It's picking up hints and tips from people you admire and letting the real you come out. There's no point suddenly saying, 'I'm going to be Chris Hoy', but you might be able to get your bike out and do a bit of cycling for the first time in ages."

### **Start saying 'no'**

People with low self-esteem often feel they have to say yes to other people, even when they don't really want to. The risk is that you become overburdened, resentful, angry and depressed. "For the most part, saying no doesn't upset relationships," says Professor Williams. "It can be helpful to take a scratched-record approach. Keep saying no in different ways until they get the message."



### **Give yourself a challenge**

We all feel nervous or afraid to do things at times. People with healthy self-esteem don't let these feelings stop them from trying new things or taking on challenges.

Set yourself a goal, such as joining an exercise class or going to a social occasion. Achieving your goals will help to increase your self-esteem.

### **Where to find help for low self-esteem**

You may feel you need some help to start seeing yourself in a more positive light. Talking therapies, such as counselling or cognitive behavioural therapy, can help. Your GP can explain the different

types and tell you what's available in your area.

You can also refer yourself for counselling or therapy. Use the NHS Choices Services Directory or visit the British Association for Counselling & Psychotherapy website to find a registered counsellor and therapist near you.

-----  
the NHS Choices Moodzone is here to help.

It offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

Hear Dr Williams' podcast about **tackling unhelpful thinking-**

<http://www.nhs.uk/Video/Pages/unhelpful-thinking-podcast.aspx>

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**Moodzone: Unhelpful thinking**

A USEFUL AUDIO LINK -  
[www.nhs.uk/moodzone](http://www.nhs.uk/moodzone)



**Mood self-assessment**

Check your mood and get recommendations for resources which might help

<http://www.nhs.uk/Tools/Pages/Mood-self-assessment.aspx>

<http://www.nhs.uk>



The following is information taken from Birmingham & Solihull Mental Health NHS Foundation Trust Bulletin



## NHS ENGLAND

### Mental health

One in four adults and one in 10 children experience mental illness, and many more of us know and care for people who do.

#### Children and young people

The ambition over the next five years for children and young people's mental health is to support CCGs to work with partners to build effective, evidence-based outcome-focused Child and Adolescent Mental Health Services (CAMHS), working in collaboration with children, young people and families. Delivering this national ambition requires local, system wide leadership and ownership, as well as the participation of children, young people and their families.

The government has pledged £1.25 billion by 2020 to support improvements in children and young people's mental health and wellbeing, along with £150 million for eating disorder services.

Following a Ministerial Children and Young People's Mental Health and Wellbeing Taskforce, [Future in Mind](#) was published in March 2015, a report which established a clear and powerful consensus about change across the whole system to improve children and young people's mental health and wellbeing.

We are developing a major service transformation programme to significantly re-

### MENTAL HEALTH CRISIS - OUT OF HOURS CONTACT

**NHS 111** - Urgent medical help, but not life threatening.

**Sane** - Tel: 0300 304 7000.

(Available 365 days a year, 6pm to 11pm)

**Samaritans**

Freephone: 116 123 (Available 24/7)

**999** - Immediate, life-threatening emergencies.

#### Birmingham and Solihull joins new scheme to transform care

Birmingham and Solihull is part of a new

national scheme, 'Integrated Personal

Commissioning', to help transform care,

in particular for those with enduring mental

health needs.

Our programme will work with people

eligible for the Care Programme Approach

or who use high levels of unplanned care.

It will offer people flexibility to find and choose their own route to recovery

and enable them to have improved control of their care,

better quality of life,

and achieve the outcomes most important to them.

shape the way services for children and young people with mental health needs are commissioned and delivered across all agencies over the next five years in line with proposals put forward in *Future in Mind*.

## **Adults**

Mental health problems are widespread, at times disabling, yet often hidden. One in four adults experiences at least one diagnosable mental health problem in any given year. People in all walks of life can be affected and at any point in their lives. Mental health problems represent the largest single cause of disability in the UK.

The NHS is placing more national focus than ever before on mental health. NHS England aims to deliver a transformation in mental health services by 2020/21, with an ambition of putting mental health on an equal footing to physical health in the NHS.

NHS England is developing major programmes which aim to develop and implement new effective services for adults in line with the recommendations of the Five Year Forward View For Mental Health.

Our key commitments include:

**Evidence-based treatment pathways for mental health:** as set out in *Implementing the Five Year Forward View For Mental Health*, to improve timely access to services delivered in line with

NICE recommendations. A comprehensive set of pathways will be introduced over the next five years. The first are:

**Early intervention in psychosis**, supported by £40m recurrent funding per year with additional investment over the next 5 years;

**Psychological therapies** for depression and anxiety disorders (IAPT)

**24/7 urgent and emergency mental health liaison in acute hospitals** (e.g. in emergency departments and adult inpatient wards), with a helpful resources document.

**Perinatal mental health:** NHS England is transforming services so that more women experiencing mental ill health during or after pregnancy have access to the right care. This five-year transformation programme is backed by £365m extra investment.

**Community-based adult mental health services:** working with partners to improve access to high-quality, evidence-based care which considers people's physical and mental health needs and wellbeing, reducing premature mortality among people with severe mental illness and doubling the reach of Individual Placement and Support (IPS).

**Urgent and emergency mental health care:** as a signatory to the Crisis Care Concordat, NHS England began a major programme on crisis care, with the aim of

ensuring 24/7 access to the right services for people experiencing mental health crisis. This includes £249m investment in urgent and emergency mental health liaison in acute hospitals. The bidding process for Wave 1 of the transformation funding for urgent and emergency liaison mental health services is now live.

**Acute mental health care:** NHS England is aiming to improve the commissioning and provision of acute care for adults. This includes £400m investment in Home Treatment Teams so that they are able to offer an alternative to inpatient hospital care, and to support our headline ambition to eliminate the practice of sending people long distances for non-specialist acute care by 2020/21

### **Improving Access to Psychological Therapies**

**(IAPT)** : This programme, which began in 2008, has transformed the treatment of adult common mental health disorders in England. NHS England is expanding it further:

**To increase access by 2020/21** so that at least 25 per cent of people with common mental health conditions access services each year and to sustain and improve the quality of care, including recovery rates. A focus will be on co-locating services within primary and community health care so that people's treatment can be more convenient and timely and considers both their physical and mental health needs

**To increase access to psychological therapies** for people with psychosis, bipolar disorder, and personality disorder

**Secure care:** to improve pathways in and out of secure care, with a focus on developing community-based services to ensure people with severe mental health problems are cared for in the least restrictive setting, as close to home as possible.

[www.england.nhs.uk/mental-health/about](http://www.england.nhs.uk/mental-health/about)

