

Adult Mental Health Map

Helping you understand your journey

WELLBEING NAVIGATOR

WELLBEING NAVIGATION TEAM
Working to provide community support for people who need it.

IMPROVING ACCESS TO PSYCHOLOGICAL CARE
Working with Primary Care Liaison Workers to provide more structured support to those with mental health problems

EDUCATIONAL GROUPS

PEER SUPPORT

SELF HELP

IMPROVING ACCESS TO PSYCHOLOGICAL CARE

ADULT SOCIAL SERVICES*
Providing advice, information, assistive technology, assessments, short term interventions and longer term support for those whose social care needs are impacting negatively upon their mental health.

SOCIAL SERVICES

MEMORY ASSESSMENT SERVICE
Working to investigate cognitive problems such as memory loss and ensure dementia is diagnosed at an early stage.

MEMORY ASSESSMENT SERVICES

PRIMARY CARE LIAISON WORKER
Based within GP practices they are the first point of contact for patients to be referred into the mental health pathway.

GP

PRIMARY CARE LIAISON WORKER

COMMUNITY PROJECTS

SELF REFERRAL

DAY TO DAY CARE WITH HEALTHCARE PROVIDERS

RECOVERY

COMMUNITY MENTAL HEALTH TEAM
Providing care in the community for those with severe or enduring mental health problems and their families

COMMUNITY MENTAL HEALTH TEAMS

CMHT

CRISIS TEAM

INPATIENTS

ST MARY'S BERRYWOOD

SPECIALIST AND HOSPITAL CARE

CRISIS RESOLUTION AND HOME TREATMENT TEAM
Providing urgent in-depth mental health assessments that identify services that may be able to help and support the individual. CRHTT offer home treatment for individuals that require intensive mental health support.

INPATIENTS
Providing inpatient facilities for those who require 24 hour care.

ACUTE LIAISON MENTAL HEALTH SERVICE
Working with staff at the general hospitals in Northamptonshire to identify patients with mental health needs and ensure they receive the correct treatment

GENERAL HOSPITALS

ACUTE LIAISON MENTAL HEALTH SERVICE

HOW CAN I MAKE CONTACT?
If you need help with a mental health problem, we are here to help you. There are many different ways you can get the treatment you need. You can self refer to local groups or talk to your GP, community nursing team or social services about the options available to you. We also have teams based at A&E who are there to help. **Because your health matters.**

ADULT MENTAL HEALTH PATHWAY

We care for the mental health of people of all ages. Our aim is to help people manage their health and live successful, independent lives. Mental health problems affect people of all ages and walks of life and can relate to physical, social, environmental and/or genetic factors. Some people are more at risk of experiencing mental health problems than others. Our role is to help you get the right and appropriate care for your needs. Our mental health pathway is designed to allow you to move easily between services depending on your needs at any given time. Depending on the kind of treatment you require, you can receive care through your GP surgery, at home, as an inpatient or in your local community.

We're dedicated to helping you get on the road to recovery, because your health matters to us.

	Wellbeing Navigation Team	Improving Access to Psychological Therapy (IAPT)	Primary Care Liaison Workers (PCLWs)	Memory Assessment Service (MAS)	Community Mental Health Teams (CMHT)	Crisis Resolution and Home Treatment Team (CRHTT)	The Crisis and Telephone Support Service (CATSS)	Acute Liaison Mental Health Service (ALMHS)	Inpatient services
What do they do?	As part of the Mental Health Collaborative, the Wellbeing Navigation team provide support in the community to help people improve their general wellbeing. Usually through the local community and voluntary sector	Working within GP surgeries IAPT provide more structured support to those with mental health problems. This might be via peer support, telehealth consultations or talking therapies	Based within your GP practices PCLWs are the first point of contact to assess your needs. They will either offer you a short course of treatment or refer you on to the most appropriate service	Working to investigate cognitive problems such as memory loss and ensure dementia is diagnosed at an early stage	Providing care in the community for those with severe or long term mental health problems and their families	Providing urgent in-depth mental health assessments that identify services that may be able to help and support the individual. CRHTT offer home treatment for individuals that require intensive mental health support	The Crisis and Telephone Support Service offers telephone support to service users and carers who feel they need it. You can ring for support when feeling overwhelmed or experiencing mental distress. CATSS operates 24 hrs a day 7 days a week. If we can't	A multidisciplinary mental health liaison service providing assessment and treatment in both Kettering and Northampton General Hospitals	Providing inpatient care for people with both functional and organic mental health conditions. We also provide rehabilitation services for the prison service and for those with learning disabilities
Who can they help?	Those experiencing difficulties with their emotional wellbeing, living conditions and physical health	People aged 16 and over who experience common mental health problems which impact on their wellbeing. These might include depression, anxiety, phobia, Obsessive Compulsive Disorder or Post Traumatic Stress Disorder	This service is for people with common mental health problems who may benefit from a brief course of psychological therapy to improve their coping mechanisms	People experiencing memory problems who do not have a formal diagnosis of dementia	People who are 18 or older with enduring mental health needs in their local community	People who are in mental health distress who are already receiving treatment or who have been referred by their GP	Anyone in Northamptonshire can ring CATSS. People often ring when they are looking for some support through a difficult time.	People admitted to general hospitals through A&E or the wards who have an underlying mental health condition will be referred to the ALMHS where they can be assessed and referred to the most appropriate service	Patients who need more specialist inpatient care
Where can I receive care?	Local community groups or at home	Treatment will usually take place at a GPs surgery	Treatment will usually take place at a GPs surgery	In a clinic setting or your own home	In your home or within secondary care	The initial assessment can take place in a variety of settings e.g. GP surgery, hospital. Home treatment takes place in the persons home	CATSS is a telephone only service. You can contact us from anywhere you want to.	Kettering and Northampton General Hospitals	NHFT inpatient units located at Berrywood Hospital, Northampton or St Mary's Hospital Kettering
How long does treatment last?	Six sessions	Four to six sessions	Six sessions	Dependent on patient's needs	Dependent on patients' needs	The CRHTT undertake short pieces of work with the individual to help and support them over a mental health crisis	The contact lasts for the telephone call. You can ring back as often as is required. If we can't answer straight away you can leave a message and we will call you back.	Short term	As long as needed
What happens next?	A wellbeing navigator will help you develop an action plan to make the changes you want. They will also put you in touch with local support agencies	From the care of the IAPT team you may be discharged or, if necessary, referred to a PCLW for further treatment	From the care of the PCLW you may be referred to the Wellbeing Team, IAPT, CRHTT or CMHT. Once your treatment is complete you will be referred back to your GP	Once the assessment has been completed the person and their family will be signposted to services to address any ongoing needs. This may include dementia advisors, social services and the older adult community mental health team.	If you need more specialist care that the CMHT can't provide, you may be admitted into hospital via the CRHTT. Equally, if you are well enough, you may be discharged back into the care of your GP	You may be referred by CRHTT to your GP, Primary Care Liaison Worker or other mental health services that meet your needs	You can contact CATSS when you need support.	From the ALMHS you may be referred back to your GP or your CMHT. If you require more specialist care you may be referred to the CRHTT to be admitted into hospital or to specialist services for substance abuse or help with social care	From an inpatient unit, you may be discharged into the care of a CMHT, with support from the Crisis Advice Telephone Support Service. Equally, if you are well enough, you may be discharged back into the care of your GP

We can provide this leaflet in large print, Braille, audio tape, disc and in other languages or formats. Please contact the Patient Advice and Liaison Service on 0800 917 8504 or pals@nhft.nhs.uk for alternative copies.

*You can self-refer to Adult Social Services by calling Customer Service Centre on 0300 126 1000 and selecting option 2.

GET IN TOUCH

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www.nhft.nhs.uk



ADULT MENTAL HEALTH PATHWAY OVERVIEW

Because your health matters.

Northamptonshire Healthcare 
NHS Foundation Trust