

## Practice Aligned Mental Health Service

## Service Aims:

To stem the demand on secondary mental health services.

---

To carry out an initial assessment of service users and create comprehensive, personalised care plans which are regularly reviewed, along with medical prescriptions.

---

To provide regular contacts in the service user's preferred place of care, e.g. at home or at their GP practice, promoting their autonomy.

---

To coordinate different services to provide an holistic approach to care, thereby reducing unnecessary duplication.

---

To refer patients onto relevant services in a timely manner, where appropriate.

---

To support GPs in delivering high quality care using a close knowledge of service users and their care requirements.

To provide continuity of treatment and intervention not requiring an inpatient or secondary care setting.

---

To support discharge from secondary mental health services with a step-down approach to management of patients in a timely manner.

---

To support individuals to maximise their use of community based provision (asset based management).

---

To improve mental health and wellbeing for patients in the DDES area by offering early intervention in response to their mental wellbeing.

---

To reduce waiting times for access to mental health interventions and treatment.

---