

# Adult Mental Health Services in Lewisham



*Last year we asked you what was most important about your community mental health services*

- We want to make mental health services offer people the best support at the right time. Your feedback helped us to come up with some ideas.
- This document outlines what we are proposing and we would like to hear what you think.
- There will be a more detailed document available in November when there is an agreed plan.

## Background:

We need to provide a service that makes the best use of the money available. We think it's important that our services:

- promote recovery and keeping people well
- work efficiently - offering the right help at the right time
- can be provided safely with the money that is available

**September and October 2013**

# Adult Mental Health Services in Lewisham

## Our ideas:

### 1) We will offer more specialist help to people who are likely to relapse

- Workers will have more time for their clients.
- More people will be treated at home and at an earlier stage of relapse
- Some people may have a shorter hospital stay at an earlier stage to prevent crisis (which could involve a longer hospital stay).

### 2) We will improve our assessment services

- People will be referred more easily from their GPs
- The quality of the assessment will improve so people will get the right help more quickly
- We will work more closely with social care and primary care so that people who don't need our services can be well supported

### 3) When people no longer need our services we will support their transfer back to primary care

- We will work carefully with people to plan for discharge to primary care
- People will be referred to support such as the new services provided by Bromley MIND.
- If people need our services again, it will be easy to "get back into the system"

**We hope that with these changes people will stay well for longer and have less need to use the inpatient services.**

For more information or to give your comments contact

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