

# BHFT Mental Health Services

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Vicky Naidoo – Clinical Lead Recovery Team

Susanna Yeoman – Locality Director, East Mental Health

# Access to BHFT Mental Health Services

## Talking Therapies:

Call 0300 365 2000 or ask your GP to make a referral

Alternatively, Text 'Talk' and your postcode to 07500 915968

[www.talkingtherapies.berkshire.nhs.uk](http://www.talkingtherapies.berkshire.nhs.uk)

## For secondary mental health services:

- GP referrals, professionals, family members, self-referrals.
- Common Point Entry (CPE)

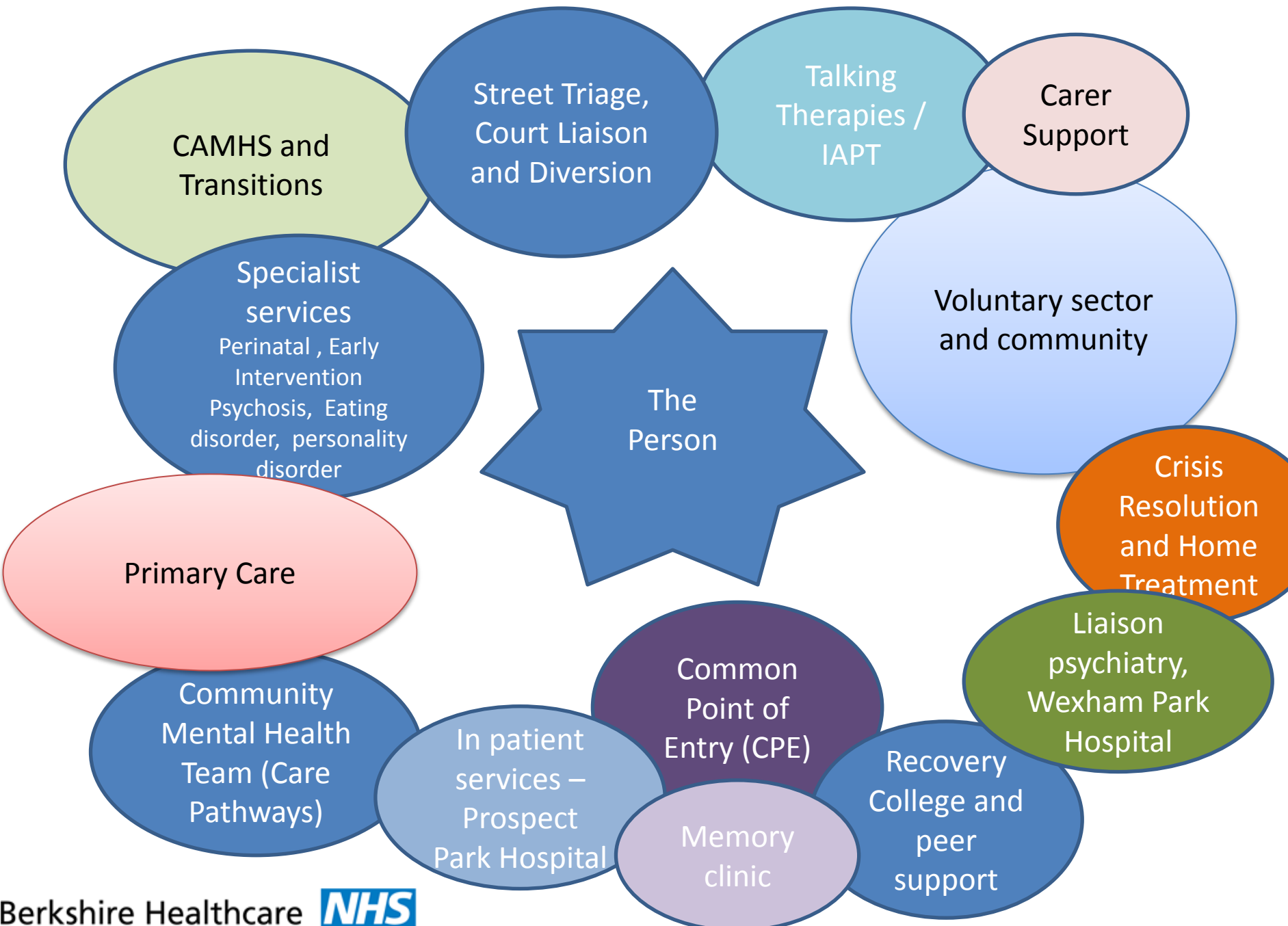


### **Office Hours**

Common Point of Entry  
0300 365 0300

### **Out of Hours**

Crisis Response Team 0300 365 9999



# Components of Care

- Assessment, advice, support, signposting
- Treatment – psychological, medical, social
- Recovery focus
- Planned transfer of care
- Carer support

# Recovery College Approach

- Use an educational paradigm to complement traditional treatment approaches.
- Recognising the importance of both ‘professional’ expertise and ‘lived experience’
- Shared decision making – not prescription.
- Reinforcing people’s strengths, not focusing on what is wrong (Ashcraft & Anthony, 2005).
- Workshops, courses and groups to learn how to manage own mental health.



# More information?

- Berkshire healthcare Foundation Trust website ([www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk))
- Local Authority websites
- ([www.slough.gov.uk](http://www.slough.gov.uk); [www.rbwm.gov.uk](http://www.rbwm.gov.uk); [www.bracknell-forest.gov.uk](http://www.bracknell-forest.gov.uk))
- Managers guide to workplace stress: ([www.nhsemployers.org/HealthyWorkplaces](http://www.nhsemployers.org/HealthyWorkplaces))
- Mind (mental health charity) ([www.mind.org.uk](http://www.mind.org.uk))
- Rethink website ([www.rethink.org.uk](http://www.rethink.org.uk))
- Talking Therapies ([www.talkingtherapies.berkshire.nhs.uk](http://www.talkingtherapies.berkshire.nhs.uk))