Involving Others in My Care

Should I wish to, I can involve family and/or friends in my recovery. They can provide important information to support me, and/or I can choose to have support from an independent advocate or peer support worker.

Some Questions I May Be Asked

If I am referred to Mental Health Services, I will be asked about:

Things That Help My Recovery

When I am referred to Mental Health Services there are some things that I can do to support my recovery:

Value Professional Knowledge

Take Personal Responsibility

Actively Engage in My Care

Provide Relevant and Accurate Information

My Current Concerns

My My Expectations

My Physical and Medical Needs

My Family and Social Circumstances

Adult Mental Health Services

www.northerntrust.hscni.net/services/1784.htm

www.southerntrust.hscni.net/services/1695.htm

www.belfasttrust.hscni.net/services/MentalHealthServices.htm

www.setrust.hscni.net/services/MentalHealthServices.htm

www.westerntrust.hscni.net/services/2023.htm

What to Expect From Mental Health Services

This leaflet provides you or someone you know about what you should expect from Mental Health Services in Northern Ireland.

This leaflet has been designed by and for people with lived experience and their families across Northern Ireland and explains the key steps involved when mental health care is required.

‘No Decision About Me Without Me’

STEP 1: GP Appointment
I will meet with my GP to discuss my problems/needs.

My GP will provide me with health and well-being advice and/or refer me to a service that meets my needs.

STEP 2: Mental Health Referral
If I am referred to specialist mental health care, my referral will be reviewed within 24 hours of receipt.

I will either receive an emergency appointment (2 hours), an urgent appointment (5 days) or a routine appointment with Mental Health Services usually within 9 weeks or 13 weeks for specialist psychological therapy services.

STEP 3: Mental Health Appointment
My mental health appointment will help me identify my needs.

The outcome of this appointment will be discussed with me and the next steps of my care agreed.

STEP 4: Treatment and Care
Following discussion with Mental Health Services, a Personal Well-being Plan will be developed with me.

This Plan will identify my strengths and any health and social care needs I may have.

STEP 5: Supporting My Recovery
In partnership with my care team, my recovery will be regularly reviewed.

This will help inform me when I am ready to move on from Mental Health Services.

This will include any continuing support needs I have. It will also support me should I experience a setback in my recovery.