

## Involving Others in My Care

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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

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

My Current Concerns

My Family and Social Circumstances

My Physical and Medical Needs

My Expectations

## Things That Help My Recovery

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

Provide Relevant and Accurate Information

Value Professional Knowledge

Actively Engage in My Care

Take Personal Responsibility

## Adult Mental Health Services

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[www.northerntrust.hscni.net/services/1784.htm](http://www.northerntrust.hscni.net/services/1784.htm)

[www.southerntrust.hscni.net/services/1695.htm](http://www.southerntrust.hscni.net/services/1695.htm)

[www.belfasttrust.hscni.net/services/MentalHealthServices.htm](http://www.belfasttrust.hscni.net/services/MentalHealthServices.htm)

[www.setrust.hscni.net/services/MentalHealthServices.htm](http://www.setrust.hscni.net/services/MentalHealthServices.htm)

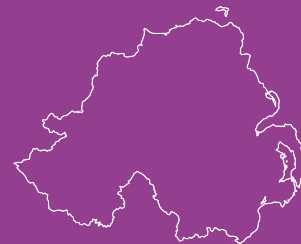
[www.westerntrust.hscni.net/services/2023.htm](http://www.westerntrust.hscni.net/services/2023.htm)



Your Guide to Mental Health Services

[www.hscboard.hscni.net/mentalhealth](http://www.hscboard.hscni.net/mentalhealth)

[www.nidirect.gov.uk/mental-health-services](http://www.nidirect.gov.uk/mental-health-services)



Promoting Hope, Opportunity and Personal Control

## What to Expect From Mental Health Services

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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

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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

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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

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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

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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

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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.