

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the page, framing the central text. The overall aesthetic is clean and modern.

Mental Health Service Pathways in England

Primary care Services

- ▶ GP (General Practitioner) referral
- ▶ SPA (Single Point of Access) to take referrals and to direct them to the most appropriate service, may include self-referral.
- ▶ Self referral, this commonly includes services for drug problems and alcohol problems, as well as psychological therapies (IAPT) services.
- ▶ IAPT (Improving Access to Psychological Therapies) services may include CBT, computerized CBT, counselling, guided self-help, couples therapy.

Secondary Services

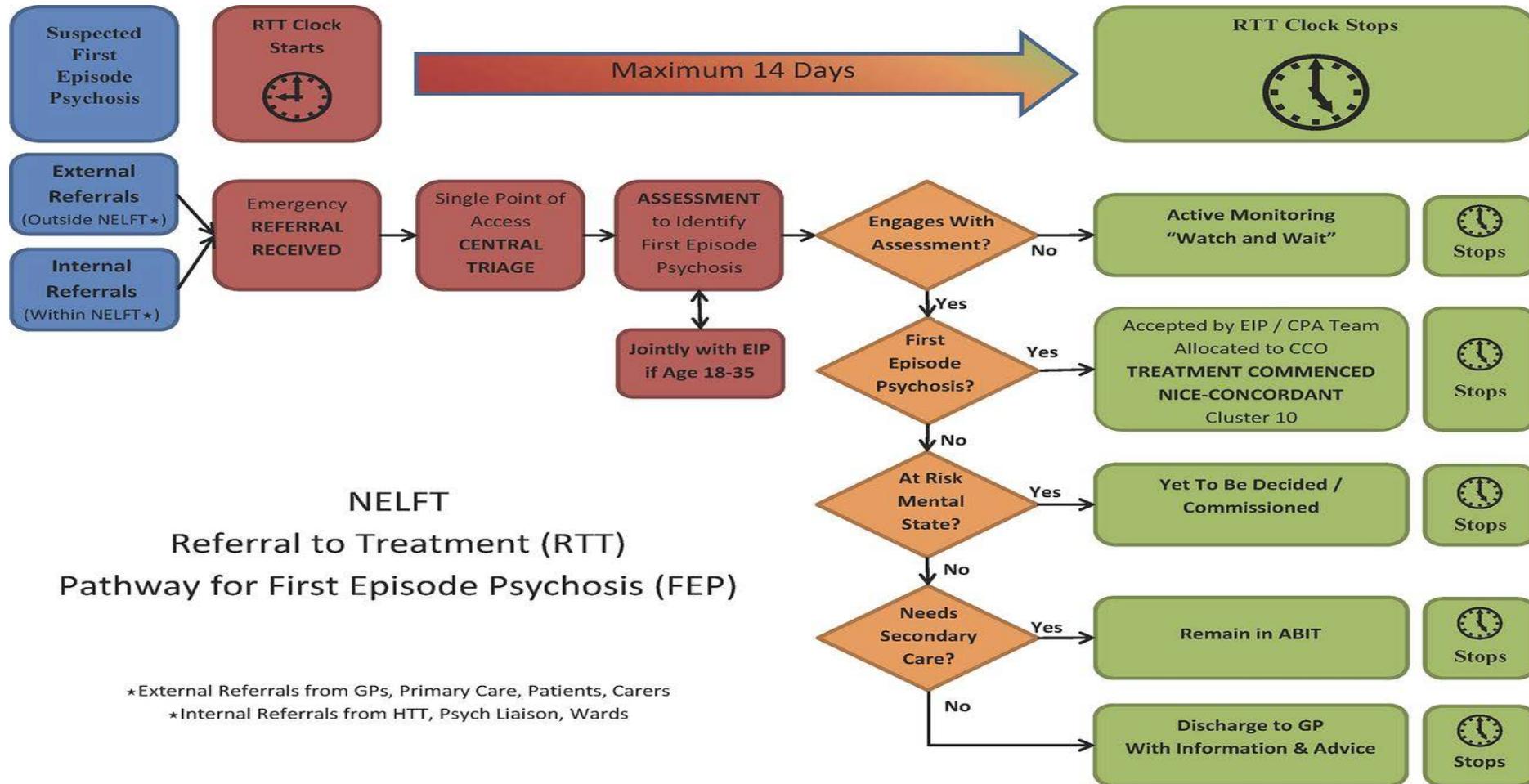
Referral through Primary or secondary care services

- ▶ Community Mental Health Teams (CMHT) adult and older adult - support people living in the community who have complex or serious mental health problems.
- ▶ Eating disorder services - for people who have anorexia nervosa, bulimia nervosa, binge eating disorder and atypical eating disorders.
- ▶ Perinatal mental health services - offer specialist psychiatric and psychological assessments and care for women with complex or severe mental health problems during the perinatal period.
- ▶ Early Intervention services (EIS) - work with people often when experiencing symptoms of psychosis for the first time.
- ▶ Child and Adolescent Mental Health Services (CAMHS) -, services that work with children and young people who have difficulties with their emotional or behavioral wellbeing.
- ▶ Forensic mental health services - provided for individuals with a mental disorder (including neurodevelopmental disorders) who pose, or have posed, risks to others and where that risk is usually related to their mental disorder.

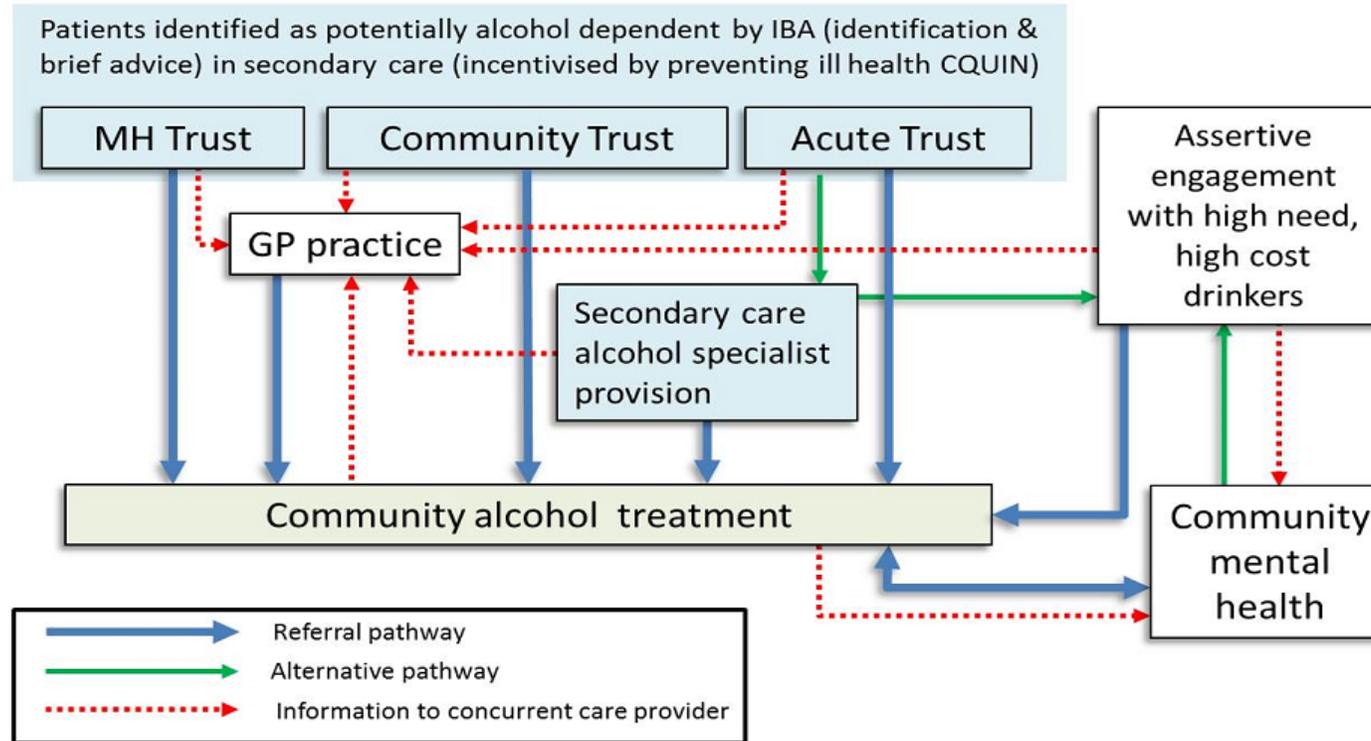
Crisis and Hospital care

- ▶ CRHTT (Crisis Resolution Home Treatment Teams) treat people with severe mental health conditions who are currently experiencing an acute and severe psychiatric crisis that, without the involvement of the CRHT, would require hospitalisation.
- ▶ And/or Psychotic episodes, severe self-harm and suicide attempts are examples of acute mental health crisis.
- ▶ A and E Liaison offer a service to patients presenting in a mental health crisis, who may have self harmed , be experiencing an acute mental illness or emotional distress.
- ▶ In-patient services, admission and assessment wards, advanced care, Dementia, rehabilitation, mother and baby, eating disorders, forensic.

An example of a referral pathway for first episode Psychosis



Potential pathways for the treatment of alcohol dependent patients identified in secondary care services



NB: Referral pathway means transfer of responsibility for the alcohol treatment element of a package of care.