

Theme 2 - Ensure help is available in time of crisis

TH wants to achieve

How TH will do this

Individuals and communities are enabled to help themselves, help each other and know when and where to access support

- Offer Mental Health First Aid training to staff across the partnership so staff are able to identify and respond to the first signs of mental ill-health. We will ensure all front line housing staff receive training in this and suicide prevention

Mental health-related information and advice is easily available, including but not only online

- Provide improved advice on mental health, and give people more chances to interact with health and care services digitally
- Target information and advice at groups we know are at an increased risk of poorer mental health

People experiencing crisis have 24/7 access to the mental health support they need, with round the clock advice and support and treatment available in accessible settings

- Provide a single point of access, 24-hour crisis response in a non-hospital setting
- Work to increase the availability of intensive home treatment, particularly out of current operational hours
- Continue to ensure people are able to access a timely dementia diagnosis and early help, extending provision of crisis and community support
- Enhance the pathway for residents in mental health crisis

No-one takes their own life

- Continue to carry out the Suicide Prevention Plan, overseen by the Suicide Prevention Steering group. Actions include a commitment to offer suicide prevention training to more staff and residents

People have access to high quality, NICE-compliant early intervention services including those for expectant and new mother

- Expand the provision of perinatal services for new and expectant mothers from pre-conception up to 24 months post-birth

More people access NICE-compliant psychological and talking therapies particular those from BME groups who have been under represented, and those with longer term physical health conditions

- Review talking therapies pathways across all providers of talking therapy services to inform future commissioning
- Consider access to talking therapies for older people and people from BAME communities

The family, friends and loved ones of people with mental health problems are supported

- Continue to proactively identify carers and continue to provide services to support them

The barriers to the most vulnerable at risk groups accessing support— e.g. homeless and rough sleeping, people identifying as LGBTQ - are addressed

- Develop integrated mental and physical health services for rough sleepers and those who are homeless as well as expanding access to specialist homeless mental health support for rough sleepers
- Carry out more analysis on the experience of the most vulnerable at risk groups