

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:



Adult Mental Health Services

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

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

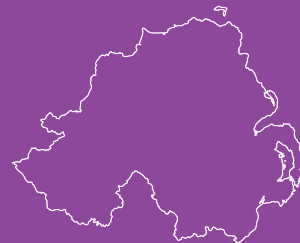
www.belfasttrust.hscni.net/services/MentalHealthServices.htm

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

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



Your Guide to
Mental Health Services



<http://www.hscboard.hscni.net/our-work/social-care-and-children/mental-health/>



Promoting Hope, Opportunity
and Personal Control

Brochure provides you or someone you know about what you could expect from Mental Health Services in Northern Ireland.

Brochure has been designed for people with lived experience and their families in Northern Ireland and shows the key steps involved when mental health care is needed.

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.

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

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.

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.

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