

## **Community Voices - Mental Health**

### A South Nottinghamshire ICP Community Engagement Event

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#### **Topic overview: Adult mental health**

The NHS long-term plan is committed to improving mental health services for all people. The plan commits to: increasing the amount of mental health funding being spent on services for children and young people; improving access to talking therapies for people with anxiety, depression and other common mental health problems; access to 24/7 mental health crisis and more mental health support in the community for people with mental health problems.

In Nottingham and Nottinghamshire, we have a system-wide strategy which commits to improving services locally.

In 2020, we launched a new 24/7 crisis line and seven day mental health advice line, which are now running alongside comprehensive talking therapies services. These new mental health lines were delivered earlier than planned in response to the impact on mental health caused by the Covid-19 pandemic.

In South Nottinghamshire, we also deliver the highly effective Primary Care Psychological Medicine service, which links physical health issues with mental health support.

In addition to this mental health social prescribers and support workers are planned across all our Primary Care Networks.

Thinking about what you know about mental health support for adults and what we have discussed in the main presentation today, please consider the following questions:

1. Thinking about your local community, and based on your experiences, where do you think the challenges and opportunities for developing mental health services are?
2. What matters most to you when it comes to support for people to manage their mental health and wellbeing?
3. What can we do better?
4. How can you contribute in supporting people across your communities to manage their mental health and access the support they need?





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