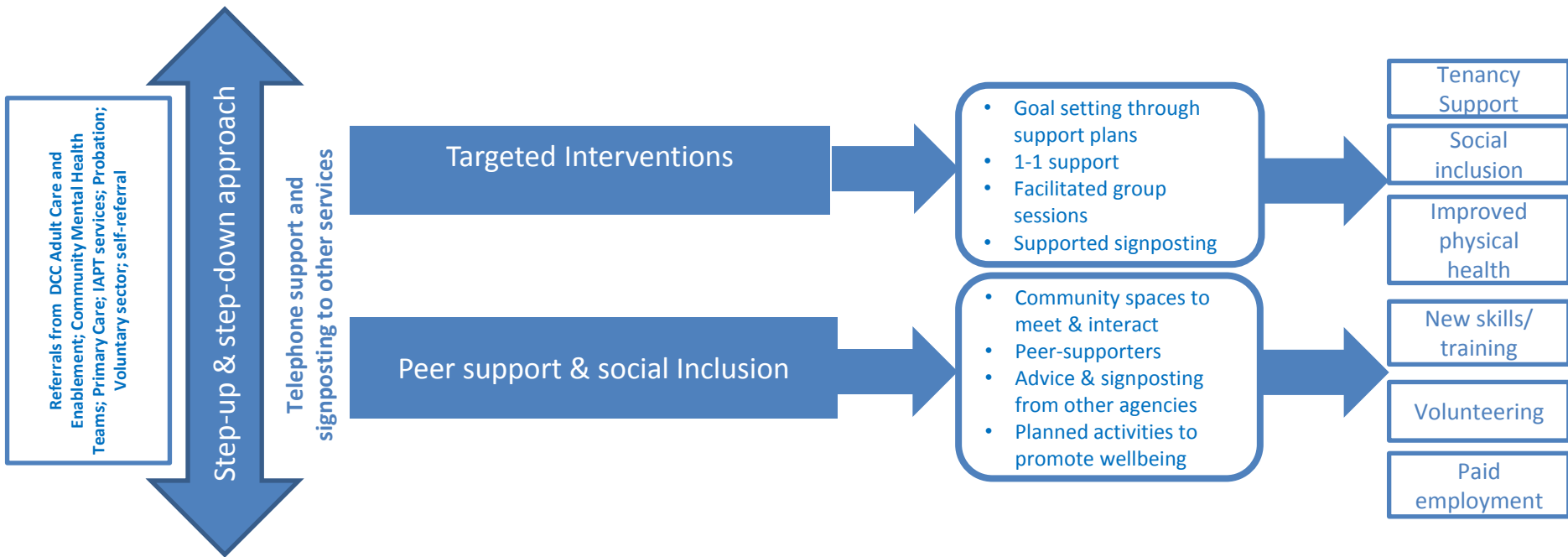


Proposed mental health community support and social inclusion model



Access to support would be via professionals from a wide range of statutory agencies or via self-referral

People would have an initial discussion to outline their goals, following which they would be made aware of peer support groups in their community, and if appropriate, would be able to access targeted group and 1-1 support from professionals. Signposting to other services would also be on offer and people would be supported to access these if required.

Targeted interventions would focus on self-management techniques and tackling the wider determinants of people's mental ill health (for example tenancy support, physical health, raising self-esteem, and achieving meaningful occupation).

Peer support & social inclusion would focus on maintaining wellbeing and promoting opportunities for people with similar experiences to come together. This is an essential preventative intervention in itself. This would include places in communities for people to meet and social events for people to come together to interact, as well as planned activities

There would be a volunteer/ peer-led telephone support, offer including befriending and safe and well checks, to ensure there is a source of support for those who choose not to or cannot attend services to ensure there is a "no closed door" approach.