

FREQUENTLY ASKED QUESTIONS

Transforming community mental health care in Barnet, Camden, Enfield, Haringey and Islington by 2024

What's happening to community mental health care?

We're making it easier to get help with mental health challenges. We're recruiting hundreds of new frontline workers and rolling out new neighbourhood and borough services to treat more people more quickly. We're also investing in new programmes to make sure everyone in our community feels able to get help when they need it. From April 2022, anyone referred to community mental health services can expect to start treatment within four weeks. By 2024, we'll be able to treat 10,000 more people each year.

Why are these changes happening?

This major expansion of community mental health care is part of the NHS Long Term Plan to support people with long term conditions to live longer, healthier lives. Over the next three years, we'll receive £25 million to implement the NHS Long Term Plan locally for people with serious and enduring mental health conditions. With this extra funding, we can implement the changes you asked for in recent years.

How will this extra money be spent?

This extra funding will be used to transform community mental health care. In addition to recruiting more staff to treat more people more quickly, we're fundamentally changing our approach to mental health by focusing more on prevention and early intervention. The new neighbourhood teams will help you to recover sooner and support you to manage your own condition and stay well. They'll also be able to provide more support if your needs change in future. We're commissioning new services to enable teams to provide wraparound care that meets your mental health, physical health and social needs. We're also investing in new outreach services programmes to tackle mental health inequality and improve mental wellbeing for everyone in our community.

When are these changes happening?

Transforming community mental health care takes time. The new and expanded services will be rolled out gradually over three years from 2021 as new staff are recruited and funding becomes available. The expansion will be complete by 2024.

What services will be available in my neighbourhood?

Your neighbourhood team will provide comprehensive mental health care and support. You'll find most if not all of the services you need under one roof - mental and physical health checks; psychological therapies, social prescribing and medication; social care and practical support. The team will link you up with social services if you need help day-to-day because of your mental health condition. They'll help resolve problems that can impact mental health like finding accommodation or work, accessing benefits or managing personal finances, tackling addiction or feeling isolated. Specialist mental health teams will step in when needed to provide more intensive treatment.

When will these services be available in my neighbourhood?

These new neighbourhood services will be available initially in east Haringey, central Islington, Kentish Town, north Barnet and south Enfield from 2021 and expand to other areas over the next two years. By 2024, everyone will be able to access comprehensive mental health care and support in their neighbourhood.

Who are these new services for?

The new neighbourhood teams will provide care and support to adults who are not suited to IAPT talking therapies – they may not meet eligibility criteria or may have needs that cannot be met by talking therapy alone. It includes people diagnosed with severe forms of common disorders like anxiety and depression and serious conditions like bipolar, psychosis and schizophrenia. It also includes people who are not yet receiving care for mental health problems and those with co-existing physical or psychological conditions including eating disorders and addiction.

Will I be able to shape my own care?

Yes. From April, everyone accessing community mental health care will be invited to co-produce their Personal Care and Support Plan. We'll work with you to identify the services you need to achieve your goals. Services can be flexed up or down as your needs change. You'll have a designated keyworker who you can contact to ask for more help at any time.

Who will work in the new neighbourhood teams?

The new neighbourhood teams will include mental health experts from the NHS, social care and community sector. The new frontline workers include community outreach specialists, peer coaches, occupational therapists, psychologists, psychiatrists, specialist nurses and support officers. We're recruiting to more than 160 full-time roles in 2021 alone.

Who will deliver the new support services?

We've commissioned more than a dozen community sector organisations to deliver new and expanded support services including peer coaching, community outreach and practical help with social factors that can impact mental health. These services will be offered initially in the early pilot sites before extending to other areas over the next two years.

Barnet	Wellbeing Together consortium comprising Community Barnet, Inclusion Barnet, Meridian Wellbeing and Mind in Barnet.
Camden	Mind in Camden, Likewise, Hillside Clubhouse
Enfield	Mind in Enfield, Alpha Care Specialists, Enfield Voluntary Action, Sahelli
Haringey	Hestia
Islington	Age UK, Healthwatch Islington and Islington People's Rights.

Where can I find more information?

Find more information on our websites.

- [Barnet, Camden, Enfield and Haringey Mental Health NHS Trust](#)
- [Camden and Islington NHS Foundation Trust](#)

