



Your life. Your needs. Your circle.

Introduction to Adult Mental Health

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What is it?

Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions. The majority of people who experience mental health problems can get over them or learn to live with them, especially if they get help early on.

For more information on mental health problems and children/young people please visit our [Child and Young People's Emotional Wellbeing Service](#).

What information can I find here?

This sheet contains information about mental health to help ensure you get the information you need and know what support is available to help you.

Understanding Mental Health.

What kind of mental health problems are there?

There are many different mental health problems. You may experience symptoms that are common to two or more diagnoses, or you may experience the symptoms of more than one mental health problem at once. Mental health problems include:

- Depression
- Anxiety
- Eating problems
- Bipolar disorder
- Schizophrenia
- Personality disorders

Mental Health problems are not the same as either a Learning Disability

or Autistic Spectrum Conditions, although if you have either of these then you could also experience certain types of mental health problems.

For more information on Learning Disability please visit our [Learning Disability Support webpage](#).

For more information on Autistic Spectrum Conditions please visit our [Autistic Spectrum Disorder webpage](#) that has links to further information.

For more information on Dementia please visit the [NHS Choices webpage](#) for general information or our webpage for information on [Gloucestershire's Dementia Training and Education Strategy](#).

What causes mental health problems?

Mental health problems can have a wide range of causes. We can often point to things that trigger a period of poor mental health but some people tend to be more deeply affected by these things than others. Factors that could potentially trigger a period of poor mental health include loneliness, the death of someone close to you, stress, a long-term physical health condition, unemployment, social factors (e.g. income, housing) or a combination of any of these.

Things you can do to help yourself.

What can I do?

Self-help techniques can be effective in managing the symptoms of many mental health problems and can mean that no other treatment is needed. Making changes to your general lifestyle may also help to prevent some problems from developing or getting worse. The [NHS Choices website](#) provides lots of useful information on self help and self help therapies.

Five Ways to Wellbeing.

- *Connect,*
- *Be Active,*
- *Take Notice,*
- *Keep Learning,*
- *Give.*

[Scientific evidence](#) points to five steps that you can take to improve your mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from your life.

The 2gether NHS Foundation Trust also provides useful information on managing your own mental health.

Who can help if you need extra support?

Mental health services in Gloucestershire are provided by either the NHS, the voluntary sector (e.g. charities) or private care providers and include:

- **Health Promotion:** Services or schemes that promote good mental wellbeing.
- **Primary Care:** Support and treatment available in your community and through your GP.
- **Specialist mental health:** Support in inpatient settings or the community. Which includes:
 - Community teams
 - Crisis Care
 - Inpatient assessment and treatment
 - Recovery
- **Services run by the voluntary sector.**

Health Promotion.

Slimming World – If you have a BMI over 30 you can receive a free 12 week referral to Slimming World. For more information on how to be referred ask your GP or any other health professional.

Community Health Trainers – A Community Health Trainer is a person who lives and/or works in your local community and understands the issues you may face in trying to change to a healthier lifestyle. They will take the time to listen to you, offer you support and encouragement and help you to receive extra support if you would like them to. You will be able to see your health trainer as many as 6 times in one-to-one sessions. To find out more, visit the [Community Health Trainers webpage](#).

Stop Smoking Service – This service offers support and treatment which gives smokers who wish to quit the best chance of success. There

are a wide range of treatment options available on prescription and support is flexible and tailored to each person's individual needs. To find out more visit the [Stop Smoking webpage](#).

Primary Care.

GP's – For mental health problems, medical treatment options can be discussed with your GP. Most practices in Gloucestershire have direct access to a mental health nurse who can provide further advice and support. For more information contact your GP's practice.

Talking to someone – “Let's Talk” offers information, guidance and therapy during times when you feel stressed, anxious or depressed. If that is not enough and you are continuing to struggle, it can also discuss additional ways to help.

To contact them visit their [website](#) or call 0800 073 2200.

2gether – The 2gether trust provides a range of specialist mental health services across Gloucestershire. To find out more about the help and support they could give you, visit the [website](#) or 2gether's [NHS choices page](#).

NHS 111 – NHS 111 is a free non-emergency number. By calling 111 you can speak to a trained advisor supported by healthcare professionals. It can be used if you urgently need medical help or advice but you are not in a life-threatening situation.

Specialist Mental Health Teams.

There are a range of different teams that offer support to help people recover from mental health issues and conditions. They can offer a range of support including:

- Medical treatment.
- Psychological therapies, 1:1 support and group work.
- Employment support.
- Access to multi-disciplinary teams that have a range of different professionals including Psychiatric Nurses, Occupational Therapists and Social Workers.
- Accommodation Based Support.

If you need additional support that cannot be provided by these teams, then there is also health or social care funding for individuals who are eligible. This will be offered to you as a personal budget which you can take in the form of a direct payment.

For more information please see our dedicated [direct payments webpage](#). Alternatively, if you decide that direct payments are not for you, staff can arrange services on your behalf.

Support available for those in Crisis.

A crisis is when your mental health deteriorates and you find your usual coping strategies not working. At this point you may need extra care and support.

Crisis Resolution and Home Treatment Teams – The Crisis Resolution and Home Treatment Teams provide care and support in your own home, at times when you need an increased level of care.

More information is available through their [website](#) or by contacting 0800 169 0398 (or 07659 113275 between 10pm and 7am).

Approved Mental Health Professionals (AMHP's) – Provide access to assessment under the Mental Health Act on a round the clock basis. Requests for a Mental Health Act assessment can be made Monday to Friday, 9am to 5pm to the Adult Helpdesk on 01452 426888 and out of hours to the Emergency Duty Team on 01452 614194.

Voluntary Sector Services.

Housing Support – Community Based Support can be provided to adults with mental health problems in Gloucestershire who are having problems managing or maintaining a tenancy. It is provided by two organisations, [Green Square](#) and [People, Possibilities & Places](#), with more information available from them directly.

Self Harm Helpline – The helpline offers emotional support and information for people that self-harm. The charity also provides information for families and friends of people who self-harm, as well as to professionals interested in the issue such as teachers.

To ring the Self Harm Helpline call 0808 801 0606 or text 07537 410022.

Wellbeing Service – This service can help adults with mental health problems and focuses on helping people develop social, employment, volunteering or other interests. Run by the Independence Trust, more information is available from their [webpage](#) or by calling them on 0845 8638323.

Advocacy

Advocacy services help you to express your wishes and preferences on decisions that affect you. For more information about independent advocacy services, or a referral, call 0800 6446448 or view our [information sheet](#).

Other Links.

Listed below are some useful links to other information that show how Gloucestershire County Council and its partners are committed to tackling issues around Mental Health.

- [Mental Health and Wellbeing Strategy in Gloucestershire](#)
- [Suicide Prevention Strategy](#)
- [Mental Health Crisis Concordat](#)

There is also a guide produced by the charity Mind that explains your rights when in hospital for mental illness.

- [The Mind guide to the Mental Health Act 1983.](#)

This information sheet contains links to further information for online readers. If you are not reading this information sheet online and would like further information on any of the support available, please contact our Adult Helpdesk:

Telephone: 01452 426868

Address: Gloucestershire County Council

Shire Hall

Westgate Street

Gloucester

GL1 2TG

United Kingdom

Email: socialcare.enq@gloucestershire.gov.uk