

Video transcript for 'Community Mental Health Service - Service overview'

0:00:00.480,0:00:06.560

We're the Community Mental Health Service. We can offer support if you are aged 18 or over,

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and have a GP in Berkshire, and live with significant mental illness or if life events

0:00:12.080,0:00:17.040

or circumstances are having a negative impact on your mental health and you have difficulty

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engaging with other mental health services. We have six locations across Berkshire and we're open

0:00:23.040,0:00:29.520

Monday to Friday, 9 to 5, except on bank holidays. Appointments may be held at one of our locations,

0:00:29.520,0:00:36.240

in your home, by online video call, or at another agreed location that suits your needs. We're not

0:00:36.240,0:00:43.600

an emergency service, so we will make sure you know how to access out-of-hours crisis support.

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Recovery looks different for everyone, so we

offer a variety of interventions, including group

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and individual psychological therapy, medication management and monitoring, occupational therapy,

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social care support, physical health checks, and help finding or staying in a job. Our community

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connectors can also help you access local support, such as peer support and housing and debt advice.

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If you're experiencing difficulties with your mental health, speak to your GP practice first.

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Many offer appointments with dedicated mental health workers who, like GPs, can refer directly

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to our services. We also accept referrals from other health and care professionals, including

0:01:27.680,0:01:34.960

NHS Talking Therapies and social workers. After we receive your referral, we will arrange your

0:01:34.960,0:01:40.480

first appointment where we can create a care plan together with you. You will have a named mental

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health worker who coordinates your care so you do not have to keep repeating your story. You can

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find more information about the Community Mental Health Service and what we offer on our webpage.