

Cardiff and Vale Community Mental Health Teams

“Your Assessment”

*Shining a light
on the future*



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This leaflet aims to provide you with answers to the common questions people ask when they have been referred to a Community Mental Health Team.

Why have I been referred to a Community Mental Health Team (CMHT)?

Mental health issues are common but can be upsetting. It is estimated that in any life time, one in four of us will be affected by a mental health problem. Most mental health issues don't need specialist mental health services. Your GP can give you support, prescribe medication or refer you for talking therapy, for example, counselling. However, if your problems are more complicated, your GP may refer you to a CMHT.



What do we do?

The CMHT provide advice, treatment and support to people with mental health issues.

Many things can cause mental health problems so you may need help with a number of different areas of your life. This is why we work in teams consisting of workers from different professional backgrounds, with different knowledge and skills.

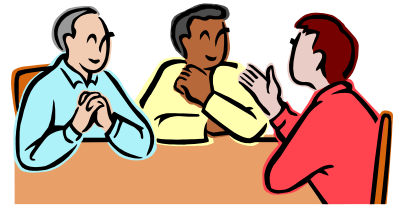


Recovery – what do you mean?

Recovery from mental health issues is possible for everyone with the right approach and the opportunity of being in control. It does not necessarily mean cure or returning to where you were before you became unwell. It is an adaptation that allows life to go forward in a meaningful way. Recovery is a personal and unique process and not an endpoint or destination.

Your assessment appointment

At your appointment with the CMHT, you will meet one or more members of the team to talk through your current difficulties. This appointment will last up to an hour, and you are welcome to bring a family member, friend or advocate along with you.



Depending on your needs we might

Offer you, and your GP advice on ways of meeting your needs

or

Refer you to, or tell you about other services or organisations that may be able to offer you appropriate help and support

or

Arrange for you to receive support and treatment from the CMHT

Interpreters/Signers

If you would like an interpreter or someone to sign on your behalf, please let us know prior to your appointment



What happens after my appointment?

You will receive a letter from one of the people who met with you, which will cover what was discussed when you met, and outline what will happen next. The letter may suggest ways of managing your symptoms, or information on services which might be of help to you.



If it is agreed that you would benefit from some support and treatment from the Community Mental Health Team, you will be contacted by someone from within the team. They will give you further information regarding the care and treatment process.

Your information

We provide a confidential service, only sharing your personal information with your GP and within the service itself. The only exceptions to this would be if you gave us your permission to share with other people, or if you told us something which gave us cause for concern about your safety, or the safety of other people.



We look forward to meeting you

This leaflet was developed with help from service users and carers.

Many thanks to Michael Goddard for permission to use his photograph of the lighthouse at Roath Park.