Why are we taking action?

- Improve access to support in timely manner
- Offer targeted interventions for reducing self-harm
- Encourage GPs to support people who self-harm
- Enhance service users understanding of how to manage emotions

What are we planning to do?

- Referral to Mental Health Integrated Community Services (MHICS) by GP
- Offer brief psychological intervention
- 4 sessions by Mental Health practitioner

How will we measure impact?

- Number of patients referred and engaging
- Number of patients signposted
- Feedback (pre and post) wellbeing, satisfaction
- Staff confidence to deliver intervention

Frimley Health and Care Integrated Care System