

# Brief psychological intervention



Photo by [Claudio Schwarz | @purzlbaum](#) on [Unsplash](#)

## 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?

2020/2021



Number of patients referred and engaging



Number of patients signposted



Feedback (pre and post) wellbeing, satisfaction



Staff confidence to deliver intervention