

## **Frimley Health and Care Integrated Care System**

### **Brief Psychological Intervention**

#### **Why are we taking action?**

- Improve access to support in a 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