

The Mental Health (Wales) Measure 2010

The Measure will introduce changes in the following areas:

Local Primary Mental Health Support Services

The measure will make it easier to access services that might help you, including:

- Assessments when your GP considers an in-depth assessment is required,
- Short-term interventions, including a range of psychological interventions,
- Provision of information and advice about your treatment and care,
- Supported referral and co-ordination of the next steps with secondary mental health services

Care Co-ordination and Care and Treatment Planning

If you have been assessed as requiring care and treatment within secondary mental health services, you will be entitled to a care and treatment plan which will support you to work towards your goals.

- The plan must be reviewed with you at least once a year
- The plan will be developed by you and your care coordinator
- The plan will outline the expected outcomes of services and how they will be achieved

Assessment of former users of secondary mental health services

If you have been discharged from secondary mental health services, but feel that your mental health is deteriorating and would like care and treatment support again, you can refer yourself to secondary mental health services directly without having to go to the GP first. You can ask for this up to three years after you are discharged from the specialist team.

Mental Health Advocacy

Advocacy can lead to an improved experience of mental health services for individuals; it can create choice, improve involvement in decision making, and promote access to a range of different services.

The measure will:

- Enable you to access help and support from an Independent Mental Health Advocate (IMHA) if you are under the Mental Health Act 1983 (formal patients) AND if you are in hospital informally (voluntary patients)
- Create statutory duties to ensure help and support is available for ALL inpatients so that advocacy will assist inpatients in making informed decisions about their care and treatment, and support them in getting their voices heard.

If you have any questions about the Mental Health Measure and what it means for you, get in contact here:

mentalhealthandvulnerablegroups@wales.gsi.gov.uk or phone 02920370011