**How to access Adult Mental Health Support**

**If the adult wants support:**

- They should visit their GP

- They can also self-refer to Wellbeing Services. It is preferable that they see their GP first as their GP will be able to assess whether their needs are primary care (GP and Wellbeing) or Secondary Care

- Secondary Care Services can either be accessed via the adults GP or by The Mental Health Rapid Response Service. This will require the Adult contacting these services.

- The Mental Health Rapid Response Service sits within Secondary Care Service and clients living in Brighton can also contact them for mental health support. This is a 24 hour service.

- Sussex Mental Health Line- same as the above but they cover the whole of Sussex.

**If you have concerns regarding an adults mental health and want some advice or make a referral:**

- Some people are unwell and do not recognise that they are unwell. Therefore, we cannot rely on them to self- refer to the above service. It is really important that the needs of this client group are met as they can be very unwell and vulnerable.

- Even if you are unsure whether the person is experiencing mental health difficulties, the below services will be able to help you to formulate your concerns and a plan forward. You will not be expected to be an expert. We want to ensure that the adults you are working with have their needs appropriately met as this will help to support and safeguard the whole family.

- You might want to ask the person's GP whether they are known

- The Mental Health Rapid Response Service (MHRRS) will be able to give guidance and advice. They will also be able to look to see if the adult is known to Mental Health Services and may be able to signpost you to a treating team

- The Mental Health Rapid Response Service can undertake assessments and they can try to engage with adults who may be unwell and do not want support.

- The Mental Health Rapid Response Service can assess whether the adult requires additional support. This may include support from The Assessment and Treatment Service (ATS), the Early Intervention for Psychosis Team, The Crisis Resolution Home Treatment Team (CRHTT) or Hospital. CRHTT is the equivalent of Hospital in the community so they can provide intensive support (usually daily support to start with)

- Legal Powers are available under the Mental Health Act 1983 if the Adult is unwell to a nature or degree that requires detention in Hospital (please see guidance via the MIND website). MHRRS may refer to the Brighton and Hove AMHP Service to request this assessment. Anyone can make this request but we will always try and consider alternatives before we undertake this assessment.

**Useful numbers/resources:**

- Wellbeing 0300 002 0060

- The Mental Health Rapid Response Service 0300 304 0078, 24 hours a day, 7 days a week.

- Sussex Mental Health Line 0300 5000 101, 24 hours a day, 7 days a week.

- Adults can self-refer to The Recovery College and engage in psycho-educational groups. They have details of the groups they offer and how to apply on their website.

- MIND and Rethink are also very useful.

- Adult's and children's carers support is available in Brighton via the Carers Hub 01273 977 000 info@carershub.co.uk