Hello. We are the Romsey Community Mental Health Team (CMHT).
We provide a range of community-based mental health services for people who may need our support for their mental health.

Our team is made up of a range of health professionals, including clinical psychologists, psychiatrists, mental health nurses, support workers and psychological therapists.

What do we do?
We offer an initial assessment to identify your current mental health needs. This will determine your care pathway. This can then lead to us either offering interventions, to support you in your recovery, or signposting you to other community services (such as wellbeing centres, local counselling services or our well-regarded Recovery College).

We can also refer you to the following services, if you need them:
- Hampshire County Council’s social services (and their team of social workers)
- the Reablement Team (to help you regain skills to live independently at home)
- our Acute Mental Health Team (if you need more intensive support)
- Inclusion (a local drug and alcohol service)
- ‘italk’ (our free service for people suffering from depression and anxiety)
- our Early Intervention in Psychosis team (supporting young people in the early stages of a psychotic illness).

How can we help you?
Our aim is to focus on your recovery, rather than just on your treatment. This approach is called the ‘recovery principle’ and runs through all of the work that we do.

Everyone is different and what works for one person might not work for someone else. We will work collaboratively with you and your family/carers to encourage you to set your own goals, priorities and hopes for the future.
Some of the ways we can help include:
- Recovery focused work, looking at preventing relapses and developing a crisis plan
- Psychologically informed work, such as help with emotional coping skills
- Specialist psychiatric treatment of severe and enduring mental health disorders
- Specialist psychological ‘talking therapies’ (such as DBT and CAT)
- Medication management.

The ‘Shared Care’ Function

In addition, some people who use our service may meet the criteria for ‘shared care’ - when the risks associated with their presentation are complex enough to raise significant concerns for themselves or others. For example, where there are warning signs of a relapse, a need for a more assertive approach to care or any safeguarding concerns.

What can you expect from us?

Our busy team aims to have met you for an assessment within 7 weeks of your GP referring you to us.

Following assessment of your needs, you may be signposted to other services to support you.

For those individuals who require our input, a care plan will then be drawn up collaboratively with you to identify the treatment we can provide (which will be reviewed regularly until you’re transferred back to primary care).

Getting in touch

Your GP will usually be the person to refer you into the care of our team. Once you are referred, you can contact us by calling the team on: 01794 830323 or emailing: hp-tr.tvsCMHT@nhs.net.

We are also contactable by post at the address below.

Romsey CMHT
5 Horsefair Mews
Romsey
Hampshire
SO51 8JG

Our team manager or team leader would be happy to speak with you (and, with your permission, your carers) about your care.

If you need support outside of working hours, please contact the Out of Hours telephone helpline on 01962 897732.

If you want to share a compliment or any concerns about your care, you can contact our customer experience team by calling: 023 8087 4065 or emailing: hp-tr.customerexperience@nhs.net.

“This service is a valuable resource to someone with similar problems to me...The team explained things, listened to me, they were considerate to my feelings...”