

# Southampton mental health services for working-age adults

November 2015

## Referral

You can be referred by your GP.

If you have been receiving a service within the last year, you can self-refer and get an appointment quickly. We call this 'rapid access'.

## Recovery College

An educational approach to increase self-management, as recommended by ImROC (Implementing Recovery through Organisational Change). This service has been co-designed and is co-delivered by people with lived experience.

### COMMUNITY PATHWAY

## Community Mental Health Teams (CMHT)

### Your Local CMHT

You will be supported by your local CMHT.

We will work with you to assess your needs and agree a plan of care. The team aims to offer evidence based interventions to support your recovery. We work with people who have severe and enduring mental health needs.

## Specialist Community Services

### Early Intervention in Psychosis (EIP) Team

This team supports people who experience their first episode of psychosis and works to support people earlier in their pathway with their recovery. The CMHT will ensure EIP are involved in your care if they are the right team to support you.

### Assertive Outreach Team (AOT)

The Assertive Outreach Team are able to offer more assertive and practical based support. The CMHT will ensure AOT are involved in your care if they are the right team to support you.

## Transfer back to your GP

When treatment is completed you will be discharged, with information provided to your GP.

### ACUTE CARE PATHWAY

## Acute Mental Health Teams (AMHT)

You receive treatment from the acute care team when most unwell. The team will support you to stay at home if possible, with intensive care.

### Antelope House

We will work with you to find alternative support options to an admission to hospital but, should you need to, Antelope House will provide you with specialist 24 hour support in a hospital environment.

## Useful contact numbers:

## Notes:

### **East Southampton Community Mental Health Team**

Delivered in various locations across the city

Telephone: 023 8047 5287

### **Central Southampton Community Mental Health Team**

College Keep, 4-12 Terminus Terrace,  
Southampton, SO14 3DT

Telephone: 023 8071 7204

### **West Southampton Community Mental Health Team**

6 Cannon Street, Shirley, Southampton,  
SO15 5PQ

Telephone: 023 8087 8040

### **Acute Mental Health Team**

Telephone: 07736 953423

### **Recovery College**

Room 21-22, Tom Rudd Unit, Moorgreen  
Hospital, Botley Road, West End,  
Southampton, SO30 3JB

Telephone: 023 8047 5188

