

Supporting Mental Health Issues

Mental Health services in the UK are experiencing a period of unprecedented change. In the last five years, increasing evidence has emerged about which types of mental health practices are more effective than others.

Mental health is important to us all with one in six people in the UK experiencing a mental health issue at any one time. Good mental health is vital to individual well-being as it increases the likelihood that we will have happier life experiences, be more healthy, live longer and be able to work and have good relationships with others.

We believe that personalised services contribute to positive mental health by promoting independence and well-being. Such support will assist people with mental health issues to have more choice and control over their lives and continue to make a positive contribution to their family and local communities.

Carewatch agrees with the Government's approach set out in *New Horizons in Mental Health* (2009) in that everyone involved needs to work together to make mental wellbeing better, to help identify issues earlier and to provide services in a way that people with mental health issues want.

Carewatch provides care and support in the community and promotes independence to allow Individuals to make a positive

contribution in their local community. These services are for people with short, medium and long-term mental health conditions.

How can we help?

Carewatch provides person-centered care and support that focuses on outcomes to achieve 'self-defined recovery' that considers how each person wants to live within the context of their mental health condition. Our computer software programmes can track progress of goals and match staff to people's preferences and locality.

We can help to promote health issues and an active life for people with mental health issues. Our carers will help to support the local approach to safeguarding of people with mental health issues.

Carewatch strives to allow people with mental health issues to have their say about the support they receive. We provide support that is based on dignity and respect.

Carewatch is happy to work with people who have individual budgets, ranging from Direct Payments through to Individual Service Funds and services purchased wholly or partly by the local council.

