

Steps to Wellness – a new service for people referred to primary mental health care

The Southern Health Social Care Trust and East London Foundation Trust (ELFT) are working in partnership to reduce waiting times and increase the variety of services for local people referred to primary mental health care.

The aim of the new initiative is to increase the range of treatments available, while also increasing capacity and access to these treatments for local people experiencing symptoms of common mental health problems.

What is Steps to Wellness?

- Designed to be an IAPT (Improving Access to Psychological Therapies) aligned service
- Core aims to help people get to the right service at the right time, and receive time-limited interventions focussed on self-help and upskilling people to manage their difficulties.
- Cognitive Behavioural Therapy (CBT) as a key approach
- A largely remote/digital service offering webinars, psychoeducation and intervention groups, with resource for those who require one to one or face to face intervention



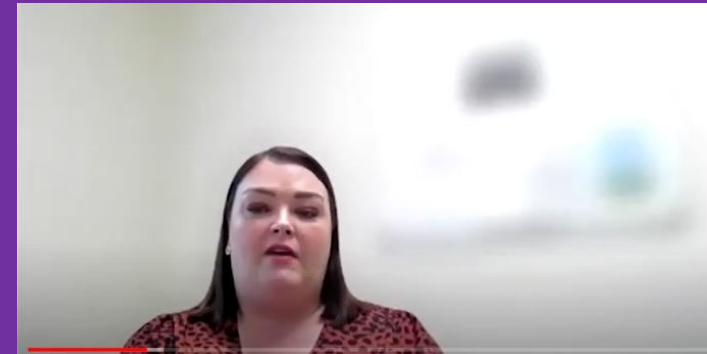
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Clinical Lead David Walter discusses how this new initiative aims to reduce waiting times & improve services for people who need secondary care mental health support.



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Whilst the service offers a variety of interventions including face to face, GP Dr Shirley Foreshaw explains why she believes it will benefit patients.



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Service User Lara Sutton tells her story about how group therapy enabled her to recover & get her life back on track.