

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 practices are more effective than others.

Mental health is important to us all. One in six people has a mental health issue at any one time. Good mental health is important because it increases the likelihood that we will have a happier life experiences, be more healthy, live longer, be able to work and have good relationships with others.

Carewatch believes that by providing services that have a focus on personalised approaches to promote independence and well being this will assist people with mental health issues to have more choice and control and continue to make a positive contribution to their family and local community.

Carewatch agrees with the Government's approach set out in New Horizons in Mental Health (2009) that everyone involved needs to work together to make everyone's mental well-being better, identify mental health issues early, provide services in a way that people with mental health issues want them and help everyone to understand mental health issues and not to discriminate against people with mental health issues.

We can provide care and support in the community with a view to people with mental health issues working towards independence, including making a positive contribution in their local community. This includes people with enduring mental health conditions.

How can we help?

We can provide person-centred care and support that focuses on outcomes to achieve self-defined recovery that considers how each person wants to live well in the context of mental health conditions. Our computer software programmes can track progress of goals and match staff to people's preferences and locality.

Carewatch Care & Support Workers can help to promote health issues and an active life for people with mental health issues. They will help to support the local approach to safeguarding of people with mental health issues.

Carewatch strives to involve people with mental health issues in having their say about the support they receive. We like to provide support that is based on dignity and respect. We are happy to work with people who have individual budgets, ranging from direct payments to case management by social workers on behalf of the local Council.