Pathway to health & well being

Overall principles
• clear and transparent access
• flexible to meet individual needs
• building on existing strengths
• clear links with clinical services
• self serving communities
• evidence based interventions
• accredited quality standard services

Service user outcomes
• improved well-being
• increased community involvement
• increased healthy lifestyle choices
• regular meaningful activity
• reduced debt
• increased independence

Types of support
• NHS specialist treatment services
• medication
• counselling
• one to one support groups
• drop ins
• advice and support
• opportunities for meaningful activity
• training and education
• lifestyle services e.g. stop smoking, eating well, physical activity
• self help
• strong communities

Multi referral routes
Individual/Family assessment
Specialist mental health Services
16 Care pathways
Well-being & Lifestyle services
Community
Rings of support