Tell Me Your Story – a discovery event

Help us design ways to really understand what matters most to people and their carers who use our local Portsmouth community mental health services

Background

- We want to make it easier for people with lived experience (PLE) of mental health issues and carers to access mental health care in the city.
- We believe it could be simpler, smarter, and more joined-up, so that there is 'no wrong door' for getting support.
- We know we need the help of our local community, and we want to make sure everyone has an opportunity to get involved and help us to make a positive difference.
- We are asking people with lived experience, carers and any residents with an interest to come along to one of our discovery events, or complete the back of the flyer, to let us know what they think of the current community mental health services and how they would like to work with us in designing and making improvements to future services.

Discovery event - feedback

The first event was held virtually due to COVID-19 restrictions. Partners informed us that a few people would prefer to meet face-to-face, so when restrictions allow, arrangements will be made to follow this up by members of the team. Two questions were posed to the group:

What matters most to you about community mental health services in Portsmouth?

Access	It's not clear where I can go to get support with my Mental Health.
Formulation	My story is central to my recovery, I need you to listen and empathise with me.
Integration	Services need to communicate and work together.
Treatment	Medication is not the only option, treat me as an individual regardless of the diagnosis I may or may not have.

How would you like us to share your views and work with us to improve community mental health services in the city?

Would be willing to be trained to work alongside a GP

We have been down this route before and nothing changed. Would be great to be kept in the loop.

We must start measuring what matters not what's easy

Could we use NHS empty properties to help establish mental health groups (i.e men sheds, knitting, crochet, music) in a nice, calm and safe environment?

Tricky question to answer as very open ended

Happy to help with mapping, looking at policies

Need to educate Police

Happy to help in any way I can

Next Steps

- Map what services are currently available
- Identify the gaps
- Review pathways and policies
- Measure what is important rather than what is easy
- Training for peers and professionals

We will contact everyone who kindly attended today and other community groups within the city to find out:

How would you like to shape the project?
Would you be happy to join a conversation?
Would you like to review processes, pathways, and policies?
Would you like to help design a training package?
Would you like to co-chair the events with support from our team?
Would you like to attend meetings?

Please email us at **CMHFPortsmouth@Portsmouthcc.gov.uk** with your ideas

Making a **Difference** Together