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ways digital solutions are supporting integrated mental health services

Integrated Primary Community Mental Health Support will see services working together to deliver holistic care based on need. Digital mental health solutions can help to deliver this transformation.



Problem: Many patients experience disjointed care

Why: Service boundaries and acceptance thresholds result in people bouncing between Talking Therapies and Secondary care, or falling between the gap.

SOLUTION

PCN-based care co-ordinators can plan an individual's care with colleagues from Talking Therapies and core Community Mental Health Services, via a multidisciplinary team (MDT).

The role for digital: SilverCloud® programmes can be used throughout an integrated service for all levels of need. Patients have access to a familiar mental health toolkit to work with whenever they need it.



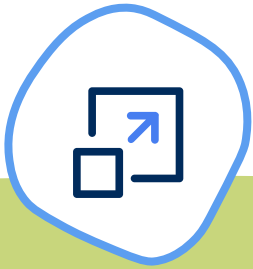
Problem: It's more than just a mental health issue

Why: Most people with a severe mental illness need mental health services that work together to promote their all-round wellbeing.

SOLUTION

Solution: PCN-based social prescribers and care co-ordinators can connect patients to services outside the NHS to help support their needs. By addressing the social factors affecting a person's mental health, patients can be supported to engage more effectively with therapy.

The role for digital: The SilverCloud platform has programmes and modules to teach life skills and support personal growth and wellbeing. Patients can address issues such as sleep problems, money worries, grief and substance use.



Problem: High demand for services isn't going away

Why: The number of people seeking treatment for a mental illness has risen rapidly in recent years making it hard for the mental health workforce to meet demand.¹

SOLUTION

Seamless transitions between services reduces inefficiencies caused by repeat referrals and assessments, which helps to relieve bottlenecks.

The role for digital: SilverCloud by Amwell can provide patients with prompt support, accessible 24/7 while they are waiting for treatment to start. Care teams can monitor the patient's wellbeing via integrated patient health assessments such as PHQ-9 and GAD-7.

Visit silvercloudhealth.com to find out more.



1. British Medical Association. 2023. Mental Health Pressures in England. <https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/pressures/mental-health-pressures-data-analysis>