**‘Step up to Great’ Mental Health services in Leicester, Leicestershire and Rutland**

Health bosses have unveiled plans to invest in and improve the way adult mental health care is delivered across Leicester, Leicestershire and Rutland – and the public is being urged to have their say.

A public consultation has been launched today – Monday 24 May – and will run for three months. Everyone is asked to get involved and help shape future services.

The move follows a series of conversations, meetings and workshops with service users, public, staff, and voluntary organisations about their experiences of services. The feedback has helped the local NHS to develop proposals that will improve care provided when it is urgent and to deliver care closer to where people live.

Andy Williams, Chief Executive of Leicester, Leicestershire and Rutland Clinical Commissioning Groups (CCGs), who are leading the consultation, said: “The Covid-19 pandemic meant we had to quickly change how we worked – introducing temporary measures – to keep service users safe while continuing their care.

“The whole country had to embrace technology in a way we never had before. At the same time, the combined effects of ill-health, isolation and job losses is having a huge impact on people’s mental health and wellbeing.”

Before the pandemic, 10% of adults said they experienced some form of depression. More than a year on from the first lockdown, one in five adults has experienced depression in early 2021 – more than double pre-pandemic levels,\* with disabled people, vulnerable adults, and those living in the most deprived areas among the hardest hit.

“We want to know what people think about the proposed improvements we’ve made during the pandemic and whether we should make them permanent. We also want to talk to people about other plans to improve mental health services.” said Mr Williams.

Gordon King, Director of Mental Health at Leicestershire Partnership NHS Trust said: “We have a significant opportunity to enhance the quality of people’s lives by investing in mental health services provided in Leicester, Leicestershire and Rutland.

“Mental health heavily influences our whole health and wellbeing. Now more than ever before it makes sense that mental health, just like physical health, is taken care of and maintained. To do this the NHS locally is investing more in local services to dramatically improve urgent and community care and treatment to improve people’s lives.

Mr King continued: “We want to make sure our mental health services are truly responsive and meet the needs of the local population, so people can access services easily and no one ever feels that they are being overlooked. The aim is to take mental health support into local communities, making it easier and quicker to access support where they live, and to build on the successful collaborative approach between primary care, secondary care, voluntary community sector and local authorities developed over the past year.”

The consultation runs until Sunday 15 August 2021. The CCGs want to know what people think about the proposals to improve mental health care.

To find out more about the consultation and what is proposed and why, visit [www.greatmentalhealthllr.nhs.uk](http://www.greatmentalhealthllr.nhs.uk) To request a copy of the questionnaire for you to fill in at home or to arrange to complete it with a member of staff, telephone us on 0116 295 0750 or email [beinvolved@LeicesterCityCCG.nhs.uk](mailto:beinvolved@LeicesterCityCCG.nhs.uk?subject=Questionnaire)

*\*Office for National Statistics, 2021,* *based on 25,935 adults answering a questionnaire.*

**Ends­­­**

**Notes to editors:**

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**Step up to Great Mental Health** is a public consultation about proposed improvements to adult mental health services in Leicester, Leicestershire and Rutland.

The proposals set out as part of the consultation aim to invest and improve:

* support to people who need mental health support urgently
* support to people for care and treatment closer to and at home

The consultation is being led by NHS Leicester City Clinical Commissioning Group (CCG), NHS West Leicestershire CCG and NHS East Leicestershire and Rutland CCG. CCGs are responsible for buying (commissioning) and making decisions about healthcare services in Leicester, Leicestershire and Rutland on your behalf. This includes many of the services provided by Leicestershire Partnership NHS Trust, who provide adult, child and adolescent mental health and adult learning disability services. They also provide community health services including adult nursing, physiotherapy and occupational therapy at home, in clinics and in inpatient wards in community hospitals across Leicester, Leicestershire and Rutland. This consultation is in relation to mental health care provided primarily to adults and older people – not children’s mental health services.

**It runs from 24 May – 15 August 2021**

**Background**

Developing joined up approaches to tackle mental health issues is a key priority in England, outlined in the [NHS Long Term Plan](https://www.longtermplan.nhs.uk/publication/nhs-long-term-plan/) (published 2019). It is also a priority in Leicester, Leicestershire and Rutland.

Since 2014, the local NHS has had conversations with people about mental health services. Their feedback has helped us to develop these proposals to ensure that they meet the urgent and community needs of service users. Full details of the engagement is available on our website: [www.greatmentalhealthLLR.nhs.uk](http://www.greatmentalhealthLLR.nhs.uk)

The plans include investing in and improving adult mental health service for people when the need is urgent and for the care and treatment that they’re already receiving. We would:

* build self-help guidance and support
* introduce a Central Access Point
* create more and strengthen the role of Crisis Cafes and improve crisis services
* expand the use of the Triage Car
* introduce permanently a Mental Health Urgent Care Hub and an Acute Mental Health Liaison Service
* join up services that support vulnerable groups
* reduce waiting times for treatment and support
* improve support for individuals with personality disorder
* improve services for people of work age and older people
* expand perinatal services for the time immediately before and after birth and develop a maternal outreach service
* improve the experience for people with potential psychosis
* reduce the wait for a diagnosis of dementia
* provide rehabilitation support to help people recover from complex psychosis

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