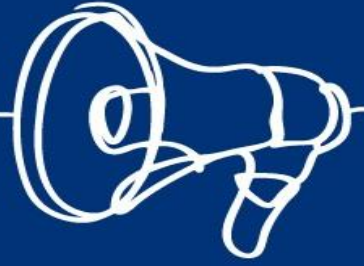


# Assembly Election 2016:

## Briefing from Mind



### Mental health crisis care in Wales

#### About Mind

We're Mind, the mental health charity for England and Wales. We believe no one should have to face a mental health problem alone. We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

#### Mind's manifesto for better mental health in Wales

Our manifesto for the 2016 Assembly Election, [For Better Mental Health in Wales](#), sets out four priorities we're calling on the next Welsh Government to deliver:

- Commit to ensuring everybody has safe and speedy access to quality crisis care 24 hours a day, seven days a week, whatever the circumstances in which they first need help, regardless of where they turn to first.
- Mandate that NHS Wales offer a full range of evidence based psychological therapies to everyone who needs them within 28 days of requesting a referral.
- Increase the level of funding for mental health services by at least 2 per cent in real terms each year for the next five years and deliver joined-up services for mental and physical health.
- Improve the level of mental health support available for parents, children and young people.

This briefing focuses on the first of those commitments – safe and speedy access to quality crisis care.

#### Access to crisis care – a summary

##### **Not enough is provided in the community to keep people out of hospital Swansea**

In a mental health crisis, your mind is at melting point. You can't carry on anymore. There may be an immediate risk of self-harm or suicide.

Information obtained by Mind Cymru shows that there are significant inequalities and inconsistencies in mental health crisis care across the different health authorities in Wales. Hours of availability and care options vary dramatically. In many areas, specialist mental health crisis care is only provided for 12 hours a

day or less. Whether someone suffering from a mental health crisis is able to call a specialist, receive home treatment or be assessed at a medical institution, is completely dependent on where they happen to be, and when.

We believe that quality crisis care should be available 24 hours a day, 7 days a week – regardless of where you live in Wales.

## What are the issues?

### Availability of crisis care

**Why does it have to get to the point where people are attempting suicide in order to get the help they need?**

#### Gwynedd

When a person is having a mental health crisis, access to crisis resolution and home treatment (CRHT) teams, acute wards and community based services can save their life. However, the provision of these types of services is extremely patchy across Wales and a long way from the 24/7 quality care people need to know is available.

While some health boards, such as Cwm Taf, operate a 24/7 telephone helpline for anyone experiencing a mental health crisis, some health boards run this service for just 12 hours a day, and some of these helplines exist only to support people already known to the service. Within the Abertawe Bro Morgannwg Health Board Area, 24/7 contact is available in Swansea but only available 9am to 9pm in Neath Port Talbot and Bridgend.

As with any medical emergency, a mental health crisis can happen anywhere, at any time. People suffering from a crisis don't have a choice of whether this happens to fall within operating hours during which specialist mental health crisis care is provided in their area, or not. Instead of being able to speak to a trained mental health professional immediately or receive home treatment, their only option may be to go to A&E. And even when they get there, the specialist help they need might not be available. Far too many end up being detained under the Mental Health Act because they couldn't get the support they needed at the right time.

### The Crisis Care Concordat

Under Section 136 of the Mental Health Act, people experiencing a mental health crisis can be detained in a place of safety by police – often a police cell when there are no other places of safety available for them. This should only happen in exceptional circumstances -however in Wales in 2014-15, there were 541 incidences of people being detained in police cells as a place of safety under Section 136 of the Mental Health Act. This is happening overwhelmingly because there is simply nowhere else for them to go and they've been turned away from hospitals and mental health units that are stretched to breaking point.

[The Crisis Care Concordat](#), launched in November 2015, aims to bring together partners such as police, health boards and the third sector in Wales to reduce this practice and improve experiences of those in need of mental health crisis care.

We know that with so much improvement needed within mental health crisis services, there will need to be more than just commitment from all involved; we need investment from government to increase the capacity of over-stretched services so they can cope with demand. We want to see Assembly Members in the fifth Assembly engaging with their local Concordat partners, and holding the next Welsh Government to account in ensuring it delivers lasting change. AMs and the third sector can play a vital role in bringing together local services that people with mental health problems depend on.

The issues faced by people in a mental health crisis are broader than just the Concordat, and we want to see efforts to improve crisis care in Wales go beyond its scope over the next five years.

## What are we calling for?

A mental health crisis should be treated with the same urgency as a physical health crisis; but this shouldn't mean a one-size-fits-all approach. We need to see investment and innovation in different types of services available to people experiencing a mental health crisis, such as crisis cafes and crisis houses.

We want whoever forms the next Welsh Government to:

- Ensure that anyone who needs crisis care has access to it on a 24/7 basis, no matter where they turn to for help or where they live
- Take leadership on implementing the Welsh crisis care concordat and its aims effectively.
- Review and act on staffing levels and training to reduce the use of physical restraint and coercive practices in mental health services
- Ensure everyone in an inpatient setting in mental health services in Wales has access to information and support regarding their advocacy rights.

For more information or to discuss Mind's

Assembly Election campaign, please contact:

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# Etholiad y Cynulliad 2016:

## Briff gan Mind

### Gofal argyfwng iechyd meddwl yng Nghymru



#### Mind

Mind ydym ni, sef elusen iechyd meddwl Cymru a Lloegr. Credwn na ddylai neb orfod wynebu problem iechyd meddwl ar eu pen eu hunain. Rydym yn rhoi cyngor a chymorth i rymuso unrhyw un sydd â phroblem iechyd meddwl. Rydym yn ymgyrchu i wella gwasanaethau, codi ymwybyddiaeth a hyrwyddo dealltwriaeth.

#### Maniffesto Mind ar gyfer iechyd meddwl gwell yng Nghymru

Mae ein maniffesto ar gyfer Etholiad y Cynulliad 2016, [Er iechyd meddwl gwell yng Nghymru](#), yn nodi pedair blaenoriaeth rydym yn galw ar Lywodraeth nesaf Cymru i'w cyflawni:

- Ymrwymo i sicrhau y gall pawb gael gafael ar ofal argyfwng o safon uchel 24 awr y dydd, saith diwrnod yr wythnos, yn ddiogel ac yn gyflym, ni waeth pam bod angen help arnynt yn y lle cyntaf na lle y maent yn troi gyntaf.
- Cyflwyno mandad sy'n nodi y bydd y GIG yng Nghymru yn cynnig ystod lawn o therapïau seicolegol yn seiliedig ar dystiolaeth i bawb sydd eu hangen o fewn 28 diwrnod i wneud cais am atgyfeiriad.
- Cynyddu'r arian a roddir i wasanaethau iechyd meddwl o leiaf 2 y cant mewn termau real bob blwyddyn dros y pum mlynedd nesaf a darparu gwasanaethau iechyd meddwl a chorfforol cydgysylltiedig.
- Gwellu'r cymorth sydd ar gael i rieni, plant a phobl ifanc ym maes iechyd meddwl.

Mae'r briff hwn yn canolbwyntio ar y cyntaf o'r ymrwymïadau hynny - cael gafael ar ofal argyfwng o safon uchel yn ddiogel ac yn gyflym.

#### Cael gafael ar ofal argyfwng – crynodeb

##### **Ni ddarperir digon yn y gymuned i gadw pobl allan o'r ysbyty Abertawe**

Mewn argyfwng iechyd meddwl, mae eich meddwl ar chwâl. Ni allwch gario mlaen dim mwy. Gall fod risg uniongyrchol o hunan-niwed neu hunanladdiad.

Mae gwybodaeth a gafwyd gan Mind Cymru yn dangos bod anghydraddoldebau ac anghysonderau sylweddol mewn gofal argyfwng iechyd meddwl o fewn awdurdodau iechyd gwahanol Cymru. Mae'r oriau y mae gwasanaethau ar gael a'r opsiynau gofal yn amrywio'n fawr. Mewn sawl ardal, mae gofal argyfwng iechyd meddwl arbenigol yn cael ei ddarparu dim ond am 12 awr y dydd neu lai. Mae p'un a all rhywun sy'n profi argyfwng iechyd meddwl alw arbenigwr, cael triniaeth gartref, neu gael ei asesu mewn sefydliad meddygol, yn gwbl ddbynol ar ble maent yn digwydd bod, a phryd.

Credwn y dylai gofal argyfwng o safon uchel fod ar gael 24 awr y dydd, saith diwrnod yr wythnos - waeth ble rydych yn byw yng Nghymru.

## Beth yw'r materion dan sylw?

### Argaeledd gofal argyfwng

**Pam bod yn rhaid cyrraedd y pwynt lle mae pobl yn ceisio lladd eu hunain cyn cael yr help sydd ei angen arnynt?**

#### Gwynedd

Pan fydd unigolyn yn profi argyfwng iechyd meddwl, gall cael gafael ar dimau datrys argyfyngau a thriniaeth yn y cartref, wardiau aciwt a gwasanaethau yn y gymuned achub bywyd. Fodd bynnag, mae darpariaeth y mathau hyn o wasanaethau yn dameidiog iawn ledled Cymru ac ymhell o'r gofal 24/7 o safon uchel y mae angen i bobl wybod ei fod ar gael.

Tra bod rhai byrddau iechyd, fel Cwm Taf, yn gweithredu llinell gymorth 24/7 i unrhyw un sy'n profi argyfwng iechyd meddwl, mae rhai byrddau iechyd ond yn rhedeg y gwasanaeth hwn am 12 awr y dydd, ac mae rhai o'r llinellau cymorth hyn ond yn cynorthwyo pobl sydd eisoes wedi bod mewn cysylltiad â'r gwasanaeth. O fewn Ardal Bwrdd Iechyd Abertawe Bro Morgannwg, mae cyswllt 24/7 ar gael yn Abertawe ond dim ond rhwng 9am a 9pm yng Nghastell-nedd Port Talbot a Phen-y-bont ar Ogwr.

Fel gydag unrhyw argyfwng meddygol, gall argyfwng iechyd meddwl ddigwydd unrhyw le, unrhyw bryd. Ni all pobl sy'n profi argyfwng ddewis p'un a yw hyn yn digwydd yn ystod oriau gweithredu pan mae gofal argyfwng iechyd meddwl arbenigol ar gael yn eu hardal, neu beidio. Yn hytrach na gallu siarad â gweithiwr iechyd meddwl proffesiynol hyfforddedig yn syth neu gael triniaeth gartref, eu hunig opsiwn yw mynd i'r uned damweiniau ac achosion brys. A hyd yn oed pan fyddant yn cyrraedd yno, efallai na fydd y cymorth arbenigol sydd ei angen arnynt ar gael bob amser. Mae gormod o lawer yn cael eu cadw o dan y Ddeddf Iechyd Meddwl am nad oedd modd iddynt gael y cymorth angenrheidiol ar yr adeg gywir.

### Y Concordat Gofal Argyfwng

O dan Adran 136 o'r Ddeddf Iechyd Meddwl, gall pobl sy'n profi argyfwng iechyd meddwl gael eu cadw mewn man diogel gan yr heddlu - cell yn aml pan na fydd unrhyw fan diogel arall ar gael. Dim ond o dan amgylchiadau eithriadol y dylai hyn ddigwydd. Fodd bynnag, yng Nghymru yn 2014-15, cafwyd 541 o achosion o bobl yn cael eu cadw yng nghelloedd yr heddlu fel man diogel o dan Adran 136 o'r Ddeddf Iechyd Meddwl. Mae hyn yn digwydd yn bennaf am nad oes unrhyw le arall iddynt fynd ac maent wedi cael eu troi i ffurdd gan ysbytai ac unedau iechyd meddwl sydd dan eu sang.

[Nod y Concordat Gofal Argyfwng](#), a lansiwyd ym mis Tachwedd 2015, yw dwyn ynghyd bartneriaid fel yr heddlu, byrddau iechyd a'r trydydd sector yng Nghymru er mwyn lleihau'r arfer hwn a gwella profiadau'r rheini sydd angen gofal argyfwng iechyd meddwl.

Gwyddom, gyda chymaint o welliant yn angenrheidiol o fewn gwasanaethau argyfwng iechyd meddwl, y bydd angen mwy na dim ond ymrwymiad gan bawb dan sylw; mae angen buddsoddiad gan lywodraeth er mwyn cynyddu capasiti gwasanaethau sydd dan bwysau gormodol fel y gallant ymdopi. Hoffem weld Aelodau'r Cynulliad yn y pumed Cynulliad yn ymgysylltu â'u partneriaid lleol o fewn y Concordat a dwyn Llywodraeth nesaf Cymru i gyfrif wrth sicrhau ei bod yn cyflawni newid parhaol. Gall ACau a'r trydydd sector chwarae rôl hanfodol yn y gwaith o ddwyn ynghyd wasanaethau lleol y mae pobl â phroblemau iechyd meddwl yn dibynnu arnynt.

Mae'r materion a wynebwr gan bobl mewn argyfwng iechyd meddwl yn ehangach na'r Concordat yn unig, a hoffem weld ymdrechion i wella gofal argyfwng yng Nghymru yn mynd y tu hwnt i'w gwmpas dros y pum mlynedd nesaf.

## Am beth rydym yn galw?

Dylai argyfwng iechyd meddwl gael yr un flaenoriaeth ag argyfwng iechyd corfforol; ond ni ddylai hyn olygu bod un ateb yn addas i bawb. Mae angen i ni weld buddsoddiad ac arloesedd mewn gwahanol fathau o wasanaethau sydd ar gael i bobl sy'n profi argyfwng iechyd meddwl, fel caffis argyfwng a thai argyfwng.

Rydym am i bwy bynnag fydd yn ffurfio Llywodraeth nesaf Cymru wneud y canlynol:

- Sicrhau bod unrhyw un y mae angen gofal argyfwng arno yn gallu cael gafael ar y gofal hwnnw ddydd a nos, ni waeth ble y byddant yn troi i gael cymorth na ble maent yn byw
- Arwain y blaen o ran rhoi'r concordat gofal argyfwng i Gymru ar waith a chyflawni ei amcanion yn effeithiol.
- Adolygu lefelau staffio a hyfforddiant a chymryd camau mewn perthynas â hwy er mwyn lleihau'r defnydd o ataliaeth gorfforol ac arferion cymhellol mewn gwasanaethau iechyd meddwl

- Sicrhau bod pawb mewn lleoliad cleifion mewnol a ddarperir gan wasanaethau iechyd meddwl yng Nghymru yn gallu cael gafael ar wybodaeth a chymorth mewn perthynas â'u hawliau eiriolaeth.

Am ragor o wybodaeth, neu i drafod ymgyrch Mind ar gyfer Etholiad y Cynulliad, cysylltwch ag

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