



Supported self-help

Supported self-help can help reduce waiting times for mental health support. It is:

- A free guided self-help service based on the principles of CBT.
- Designed for adults with mild to moderate mental health problems such as anxiety and depression.
- A Primary Care Tier 1 intervention with proven impact.

Read on to find out more.

We're Mind, the mental health charity

With around 100 local Minds in England and Wales, we're committed to improving mental health in this country. We're here to fight for mental health. For support, for respect, for you.

How supported self-help works

The service is easily accessible online at mind.org.uk/supported-self-help or by contacting a local Mind. Anyone over 18 can self-refer or be referred by a healthcare professional and the service is available in both English and Welsh language.

The service is currently available in all areas across Wales, practitioners receive clinical supervision and all local Minds across Wales have trained practitioners who are experienced in delivering the service which was previously funded by the Welsh Government and WCVA.

A trained practitioner will provide an assessment and book a time and date for ongoing sessions. The client will have up to six one-to-one sessions with their practitioner. Face-to-face or virtually, they'll work through one of the eight pathways, which include helpful tools and strategies in workbooks and self-management resources.

The eight pathways:



The Impact

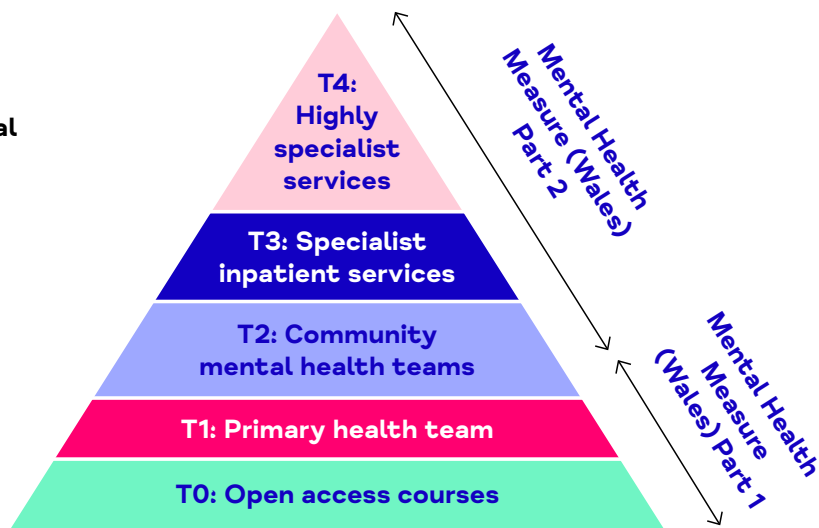
The service has a robust evidence base for its effectiveness, and it's been delivered to **more than 20,000 people in the UK since 2016**. Average client outcomes as measured on validated scales:



99% of clients said they would recommend the service to friends and family
Clients rated the service a **9.5/10 on average**

How it complements Primary Care

Supported self-help is a Primary Care **Tier 1 intervention**, fitting with **Part 1 of the Mental Health (Wales) Measure & NICE guidelines** for mild to moderate mental health problems. It was developed in partnership with a GP practice to help meet demand.



Why would you invest in supported self-help and how it can help you:

- Help meet mental health demand in your practice by reducing current waiting lists and workload.
- Ensure mental health intervention is provided in line with the target for Part 1 of the Mental Health Measure.
- Provide choices to patients.
- It is an alternative to prescriptions and has an equal outcome.
- Easy referral pathway where you can refer patients or people can self refer.
- Has a manualised approach and a clinical governance structure.



“As part of my training to become a GP, I was often recommending [supported self-help] to my patients who came in dealing with mild to moderate mental health problems, so one day I decided to try it myself.. I think everybody should have access to a service like this – with long waits for mental health support, it would be wonderful for everyone to have a trained practitioner to talk to about any mental health problems they may have.”

“Since I finished [supported self-help], I can't say my anxiety has gone, but I now have the tools to deal with it and not let it interfere with my life. [Supported self-help] has been the best support I have ever used; the fact I am still using [the resources] 18 months later shows that.”

Get in touch

To refer a patient to supported self-help, visit mind.org.uk/supported-self-help. To talk about how this could work for you email us at supportedselfhelp@mind.org.uk

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