

8 WAYS THE PSYCHOLOGICAL PROFESSIONS WILL SUPPORT DELIVERY OF THE NHS LONG TERM PLAN: PROMOTION, PREVENTION AND INTERVENTION



1. PERINATAL CARE

Delivering evidence-based psychological therapies to an extra 24,000 new mothers with moderate to severe perinatal mental health problems and a personality disorder diagnosis.



2. CHILDREN AND YOUNG PEOPLE

Shaping the new mental health support teams and providing psychological therapies to some of the extra 345,000 children and young people accessing mental health support.



3. ADULT COMMON MENTAL HEALTH PROBLEMS

Providing NICE-approved psychological therapies through IAPT services to an extra 380,000 adults and older adults with depression and anxiety each year.



4. ADULT SEVERE MENTAL HEALTH PROBLEMS

Working within redesigned multidisciplinary services to deliver more psychological therapies and psychologically-informed care to people with severe mental health problems.



5. MAJOR HEALTH CONDITIONS

Supporting psychological adjustment and psychologically-informed healthcare following diagnosis of major health conditions such as cardiovascular disease, cancer, dementia, and diabetes.



6. LEARNING DISABILITY AND AUTISM

Supporting timely diagnostic assessments for autism, and the further development of psychologically-informed care for people with learning disabilities.



7. NEW TECHNOLOGY

Extending the development and rigorous evaluation of digitally-enabled models of psychological therapy and other technological developments to improve patient care.



8. SUPPORTING THE NHS WORKFORCE

Providing staff wellbeing programmes, psychological interventions as well as clinical supervision and training across disciplines including new roles.