

Our plan to have better mental health and well-being services for children and young people in Manchester

2015 to 2020



What we want to do



Your National Health Service looks after both your physical health and your mental health.

Physical health is your body.

Mental health is your mind and how you feel.

In Manchester we want to look after the mental health and well-being of children and young people in a better way.



Children are people who are from 0 to 18 years old.

Young people are people who are from 18 to 24 years old.



We have made a plan about how we will do this in Manchester over the next 5 years from 2015 to 2020.

The plan is called “Manchester Local Transformation Plan For Children and Young People’s Mental Health and Well-being 2015 to 2020”.

The plan has got a lot of information in it and uses some words that may be hard to understand, so this leaflet tells you the main things that are in the plan in a way that is easier to understand.

The plan was written by the North, Central and South Manchester Clinical Commissioning Groups. These organise how the NHS runs its services in Manchester.

What we mean by well-being



Well-being is things such as:

- Being satisfied with life
- Looking forward to things
- Feeling in control
- Feeling good about yourself
- Feeling you belong
- Feeling supported
- Having a purpose in life



No one feels like this all the time. It is natural to feel happy when a good thing happens and to feel sad or even angry when a bad thing happens.

What we mean by mental illness

This is when you have a condition that a medical person such a doctor can diagnose.

Some examples of mental illnesses are:

- Depression
- Anxiety
- Schizophrenia



Having a mental illness can sometimes make it harder to live normally and deal with life.

There are things that can be done to help people who have a mental illness, or do not have a feeling of well-being.



What can be done to help people

Some people who need help, support and treatment do not get it.

Or, they find it harder than it should be to get it.

This can make them feel worse and it can make things harder to treat.

We have looked at the problems people had with the way things were done. We also looked at how the things the NHS does fits in with what other organisations do.



Some of the support, care and treatment is done by National Health Service staff. Other things are done by staff who may work for councils, the third sector, or charities.

Sometimes this can mix up people as they go from one service provider to another.

We will do more to make services fit together smoothly, so it will not seem as if you are moving from one organisation to another.



This means people who need services get the right sort of help, in the best way, from the right people and we do not waste money by having the same thing done by different people, but work together.



What our plan says

If you need help, our plan says you should:

- Be able to grow up to be confident and able to cope with life and play a full part in society.
- Easily find help when you need it.
- Get the best sort of help to meet your needs from people who care what happens to you.
- Get services that work together to give the right support at the right time, in the right place.
- Be listened to and we will make sure the support we give is right for you.
- Get the best care whatever your life is like.
- Get support right away, whatever time of day it is if you are in a crisis.
- If you need to go to hospital, where possible it should be near your home and you should be in a ward with people who are around your age.
- If you need to move from one service to another, this should be talked about with you, so you know what will happen.
- Keep getting help until you are sure you no longer need it.



What should happen by the year 2020



Children and young people in Manchester will have a right to easily get mental health and well-being support when they need it from trained primary care staff and community based care staff.

Primary care is your GP in your doctor's surgery and staff based in the community.

Secondary care is more specialised treatment; such as you would get in a hospital.



People will get help and support early, before things can get worse.

We will do more to stop problems happening.

If you have a condition you will get the best sort of mental health and well-being support.

It will be easy to get.

This will help children and young people be able to cope better in the future.

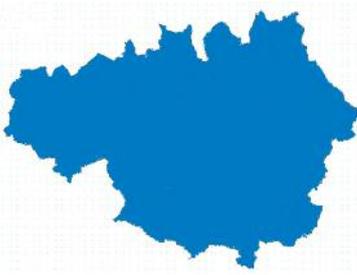
Care will be given close to home.

This will be done in the community, but hospital based care can be given if it is needed.



As young people move from children's services to adult services (this is called **transition**) it will be planned so it happens smoothly.

People will have more say over the sort of support they get.



The government wants to give Greater Manchester more say in how things are run in our area.

Councils are thinking of what they will do when this happens.

Some of the things they will do will have an effect on the mental health and wellbeing of children and young people.

When we were writing our plan we looked at what others were doing so we would not do things that were already being done by others.

Find out more about our plans



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This leaflet was designed to be easier to read by:

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