

‘I’ve become more anxious about all sorts of things, I thought it was just me struggling’



The Intermediate Support Service

The Intermediate Support Service offers time-limited support, to enable individuals who have mental health needs to meet identified outcomes.

The service will be for a maximum of 6 months aiming to improve:

- Health and wellbeing
- Levels of independence
- Resilience through self-help / self-care
- Quality of life
- Positive connections within the community
- Choice and control
- Economic well-being / maintaining employment
- And other personal outcomes related to preventing deterioration and focusing on enablement

This is a high impact, high energy prevention service that will focus on small positive steps, and continuous improvement to reach specific desired outcomes.

Who can access the Intermediate Support service?

This is a service for adults with mental health needs over the age of 18 years old, who live in the boroughs of Kettering, Corby, Wellingborough and East Northants (North Northants Unitary Authority). For this intervention period it is expected that individuals may have experienced a:

• Depressive episode	• Anxiety disorder
• Obsessive Compulsive Disorder	• Stress reaction

Prioritising mental health has never been more critical than it is now. New mental health problems have developed as a result of the Coronavirus pandemic.

Referral Routes - There are 2 referral routes into the service:

1. Health Professionals:

Primary Care (including Nurses, GP's, Primary Care Liaison workers and Care Navigators,) Secondary mental health services (Including Planned Care and Recovery Team (PCART) and Urgent Care and Assessment Team (UCAT)

2. Northamptonshire Adult Social Services (NASS), NNC

Social workers and local NASS Hub workers

When is a good time to refer someone?

- When individuals who have mental health needs want some support, to manage their current life situation.

How can I refer into this service?

- In the first instance contact the Community Services Manager (details on reverse) with your enquiry to discuss the potential referral. If this is the right service then a referral form will need to be completed.
- An initial assessment will be completed, and then, if eligible, a personalised support plan will be created with the individual. This could be for a short intensive period of a few weeks, up to a maximum of 6 months support.

How is the service funded?

This service is funded by Northamptonshire Clinical Commissioning Group. It is a Primary Care intervention, so there are specific outcome measures related to health and wellbeing.

Contact :

For further information on this service and how to access our support, please contact Kettering Minds Community Services Manager, either by telephone or email. They will be able to discuss your enquiry, and advise on next steps.

- **Telephone:** 01536 523216
- **Email:** info@ketteringmind.org.uk

Kettering Mind
49 – 51 Russell Street
Kettering
Northamptonshire NN16 0EN



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Intermediate Support Service

Improving Health and Wellbeing Outcomes
(Across North Northamptonshire)