

How Active Monitoring Works

A patient goes to their GP with a common mental health problem.



The GP refers to the Mind practitioner in their surgery.



There is a 15 conversation within a week of referral and an appropriate mental health support package is identified.

Active Monitoring

Other Options

- Refer back to Primary Care
- Other local services
- Other relevant agencies



Option to report to the GP on the patient's progress



Five face to face sessions over 8 weeks.



Self-guided wellbeing exercises. Addressing common mental health problems:

- Depression
- Anxiety and panic attacks
- Stress
- Low self-esteem
- Feeling alone
- Anger management

Ongoing signposting options