

# Mental Health and the NHS Long Term Plan

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Health and care leaders have come together to develop a Long Term Plan to make the NHS fit for the future, and to get the most value for patients out of every pound of taxpayers' investment. Our plan has been drawn up by those who know the NHS best, including frontline health and care staff, patient groups and other experts.

## To deliver timely, high quality mental health support, the NHS Long Term Plan will:

- Increase funding for mental health by at least £2.3bn a year in real terms by 2023/24.
- Provide a single point of access through NHS 111 to timely, age-appropriate mental health crisis care for everyone.
- Continue investment in perinatal mental health care for mothers and their partners who need specialist support during and following pregnancy.
- Expand services and work with schools and colleges so that an additional 345,000 children and young people aged 0-25 will be able to access support.
- Roll out new and established services in the community and hospitals, including talking therapies and liaison teams, to provide the right level of care for hundreds of thousands more adults when they need it.

The NHS Long Term Plan reaffirms our commitment to achieving parity of esteem for mental health. Services will continue to receive a growing share of the NHS budget, with funding to grow by at least £2.3bn a year by 2023/24, allowing us to provide world-class care for ever more people.

Progress made over the last few years to improve access to high quality services will be accelerated: an additional 380,000 people per year will be able to access talking therapies for common disorders, 345,000 more children and young people will be able to access NHS support, and 24,000 more women able to access specialist perinatal mental health services, which will also now offer screening to partners as part of a whole family approach.

A comprehensive offer for children and young people, which will now extend to those aged up to 25, will also aim to identify and treat mental ill health at the earliest possible point, with NHS services working through and with schools, colleges and universities.

We will also seek to tackle the significant physical health inequalities faced by people with severe mental illness, with teams working across GP surgeries and community services to provide ongoing support and greater choice of care options to an additional 370,000 people a year by 2023/24.

And we will also improve how services can be accessed when people need them most, with NHS 111 as a universal 'front door' able to organise the right kind of support for an individual's needs, 'Core 24' liaison teams working in hospitals to support those who go to A&Es, and ambulance services trained and equipped to respond effectively to people experiencing crisis at home or in the community.

## Case study

Devon mum Joanne experienced severe depression following the birth of her second child.

With no specialist inpatient care available near home, she was admitted to the Mother and Baby Unit in Bournemouth.

After her recovery, she and husband Steve helped secure national funding for a new mother and baby unit in Devon, so other families like theirs can now access expert perinatal mental health care, closer to home.

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Fabiola began experiencing psychosis during her childhood, hearing voices which left her vulnerable and confused.

After speaking to her GP, Fabiola was referred to an Early Intervention in Psychosis Service for the expert support she needed, including talking therapy.