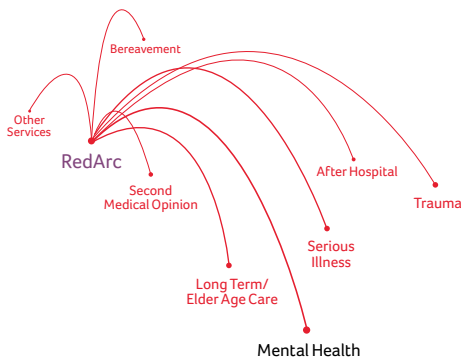


Mental Health



A proven, effective combination of a RedArc Mental Health Personal Nurse Adviser together with external specialist help e.g. CBT or counselling for any form of Mental Health problem, including stress, anxiety, depression, post natal depression, obsessive disorders and phobias.

At referral and again at the end of the programme, people complete psychological questionnaires validated by the NHS, to measure their levels of depression (PHQ9) and anxiety (GAD7).

Results show that on average, all clients experience a reduction in their levels of depression and anxiety; and more than 70% show recovery to normal mood levels and everyday coping capacity within a period of 3-4 months.

The RedArc Mental Health Personal Nurse Adviser supports the client throughout their external counselling or therapy and remains available for the person on an ongoing basis, even when they are back at work or feeling better.

Our Mental Health Personal Nurse Advisers also have expertise in helping people who have suffered some form of serious trauma e.g. assault, rape, burglary, flood, witness to shocking event, either individually or groups e.g. a severe workplace incident.

“More than one in ten (12%) people with mental health problems are stuck on waiting lists for over a year before receiving talking treatments and over half (54%) wait over three months.”

We Need to Talk, Mind 2013

Case Study

Mr G was diagnosed with depression following an incident at work, at a time when he was having problems at home with his relationship.

He had seen his GP once, who had been very sympathetic and had offered him a course of counselling.

The waiting list was long and Mr G felt desperate and undervalued. He was on sick leave and was unable to motivate himself in any way.

When he spoke to the RedArc Mental Health Nurse he was emotional and embarrassed. The nurse put him at ease, provided emotional support and a listening ear, so that he felt able to discuss his feelings.

He sent out some self help material and quickly arranged a course of counselling with an experienced therapist. When the course was complete, the nurse kept in close touch with Mr G and has been able to continue to support him with other issues that have cropped up.

“I think the best thing for me was being able to talk to the same nurse every time I rang, and having some support organised so quickly when I was feeling really bad.”