

# ARMS

# Service

## (At Risk Mental State)



## What to expect

If our service is suitable for you, you will be invited to an assessment in a location close to home, such as your GP practice.

One of the team will meet with you to get an understanding of your experiences and how these make you feel. We may also ask about how other areas of your life are going to see whether we may be able to help with these. To make sure you have enough time to explain what has been happening, the assessment may take place over more than one session.

If you meet the assessment criteria we will work with you to develop an individual recovery plan focusing on your goals and strengths.

Every person that we support is at the centre of all that we do and we try to understand what has led to the thoughts, feelings and behaviours being expressed.

## What areas do we cover?

**Mid Essex Team covers surrounding areas of;**  
Chelmsford, Maldon, Witham, Braintree, Halstead

### Contact details

: 01376 522300 option 3 (ARMS)

: [epunft.msearms@nhs.net](mailto:epunft.msearms@nhs.net)

Monday – Friday 9am - 5pm

: The Gables, 17 Bocking End, Braintree, Essex, CM7 9AE.

### Crisis/Out of Hours Support:

**Adults:** If you are over 18 and need urgent support, please call NHS 111 and select the option for mental health crisis (24 hours, 7 days a week).

### Under 18s: Provided by CAMHS

If you need out of hours help call 0800 955 1000

Alternatively, call **116 123** to talk to Samaritans, or Email - [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours.

### **Patient Advice and Liaison (PALS)**

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on 0800 085 7935 or you can Email: [epunft.pals@nhs.net](mailto:epunft.pals@nhs.net)

This leaflet can be produced in large print, CD, Braille and other languages on request.

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**WHAT WE DO TOGETHER MATTERS**

## What is the At Risk Mental State (ARMS) Service?

We are a mental health service offering support to people aged 14 to 35 who have been experiencing some **difficulties with social, educational and/or occupational functioning in the last year**.

Also;

- You may be having some unusual experiences that you may be finding distressing. These may include having unusual thoughts, hearing or seeing things that others can't or feeling increasingly perplexed or confused about the world around you.
- **AND/OR** you may have been having difficulties with your functioning in the last year and have a close relative who has experienced psychosis (we may use the term 1<sup>st</sup> degree relative).

Our service refers to these experiences as an 'At-Risk Mental State' as we recognise that these difficulties, without the right support and interventions, may lead to a more serious mental health difficulty. Our aim is to prevent people from needing more intensive support in the future.

### We can support you if you have experienced or are experiencing;

- Feeling disconnected from the world and preferring to spend time alone.
- A feeling that things have changed in some way such as people or places seem strange or unfamiliar.
- Confused or muddled thinking.
- Being troubled by unusual ideas or thoughts which friends or family may find difficult to believe
- Seeing, hearing or experiencing things other people do not.
- Struggling with daily life.

### What support do we offer?

Your options will be discussed between you and your team to see what you feel you would benefit from. Some of the following options may not be applicable to you.



#### Psychological Interventions

Psychological therapy can reduce distress and aims to help people understand their experiences, to develop coping strategies, and to improve relationships and quality of life.



#### Employment and education support

We can support you with education, training and working towards your vocational goals by linking you with local specialist organisations.



#### Recovery coordinator support

The recovery coordinator is a qualified professional who can support you both emotionally and practically to help tackle some of your difficulties and support with the development of your personalised recovery plan.



#### Peer support

Peer support workers have lived experience of mental health difficulties. By working together to achieve your goals towards recovery, they may help identify aspects of your life that give you meaning, hope, value and purpose.



#### Family intervention and Carer support

Family, friends and carers may know you better than anyone else and can play a valuable role in your care and support.

Family intervention can help everyone involved to understand what you are going through and help you to support each other. We can also offer individual work with friends and families in helping them understand your difficulties more easily.