

What to expect

You will be invited to an assessment in a community setting or on a video call, depending on your needs and preferences.

We work as part of the wider Early Intervention Psychosis Team (EIP) and one of our team members will meet with you to get an understanding of your experiences and how these make you feel. We will 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.

Our service may not be suitable for some people. If this is the case, we will work with you to make a plan that is more helpful to your needs. If we do think we are the most suitable service for you, we will work with you to make a plan of support for your next steps with us.

Every person that we support is at the centre of all that we do.

We work with you to create a personalised package of care tailored to your individual needs. From this, we then create goals with you which we work on together and which we can update and develop with you during your time with the team.

ARMS contact details

Call: 01206 334000

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: Call CAHMS Mental Health Direct 0800 995 1000.

Alternatively, call **116 123** to talk to Samaritans, or email 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](tel:08000857935) or you can email epunft.pals@nhs.net

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



Essex Partnership University NHS Foundation Trust regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

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ARMS (AT RISK MENTAL STATE) SERVICE



NORTH EAST ESSEX

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

We are a psychology led service for people aged 14 to 35. We support those who may be hearing voices, seeing visions, feeling paranoid or having unusual thoughts. Many people find that these experiences get in the way of work, education or social relationships.

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 work with and support people who are having these experiences to improve their quality of life.

Who do we support?

You will be registered with a GP in North Essex and you have been having difficulties with functioning and managing day-to-day activities within the past year, or have been struggling with these experiences over a few years.

AND

- Are having some unusual experiences that are distressing. These may include having unusual thoughts, hearing or seeing things that others cannot, feeling paranoid, or feeling increasingly perplexed or confused about the world.

OR

- You have a parent or sibling with a diagnosis of psychosis.

What support do we offer?

Your options will be discussed between you and your team to see what you feel you would benefit from.

Not all of the following options may be applicable to you.



Psychological interventions

Psychological interventions can reduce distress and aims to help people understand their experiences, to develop coping strategies, and to improve relationships and quality of life. We offer a range of evidence-based therapies such as Cognitive Behavioural Therapy (CBT), Compassionate Focused Therapy (CFT) and various trauma based therapies.



Family intervention and support

Family intervention can help everyone involved to understand what you are going through and help you to support each other. We offer various types of family support to you and your family.



Employment and education support

We can support you with education, benefits, training and working towards your vocational goals through our own employment and education specialists or linking you with local specialist organisations.



Mental health practitioner

The mental health practitioner is a qualified professional who can support you both emotionally and practically to help tackle some of your difficulties and support you with your journey.



Group support

You may benefit from networking with others who have had similar lived experiences. This can help reduce feelings of isolation and lead to feeling a sense of empowerment, building your self esteem and confidence.



What areas do we cover?

We cover Colchester and Tendring.