What to expect

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

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.

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

01268 739897

epunft.msearms@nhs.net

Out of Hours Support:

Adults: If you are over 18 and need urgent support, please call NHS 111 and select the option 2 for mental health crisis (24 hours, 7 days a week).

Under 18s: Call 0800 953 0222 or email SET-CAMHS.referrals@nelft.nhs.uk.

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 or you can email epunft.pals@nhs.net

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

largeprint

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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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NHS
Essex Partnership University
NHS Foundation Trust

ARMS
(AT RISK MENTAL STATE)
SERVICE



SOUTH EAST ESSEX

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

We are a mental health service offering support to people aged 14 to 35 who are struggling with unusual experiences which may have led to some difficulties with their social, educational, and/or occupational functioning.

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.

Who do we support?

You will be registered with a GP in South East 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 things 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 find out what support you would benefit from.

Not all of the following options may be applicable to your current situation.

Psychological interventions

We offer everyone the opportunity to access psychological therapy. This can reduce distress and aims to help people understand their experiences, to develop coping strategies, and to improve relationships and quality of life.

Family intervention and support

Your family, friends and loved ones 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.

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.

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 journey.

Peer support

You may benefit from working with someone who has lived experience with mental health challenges and is on their own personal journey of recovery. They could help to reflect on and understand life experiences, as well as identify aspects of your life that give you meaning, hope, value and purpose.

What areas do we cover?

We cover Southend, Castle Point, Rayleigh and Rochford.

