

Active Monitoring

A new mental health service
in your community

We're Mind, the mental health charity.

We're your expert mental health partner in England and Wales. We help children, young people and adults to live well in local communities.

Our local Minds bring focussed mental health expertise to the services they provide.

Delivered in community settings or remotely via telephone by our local Minds. Active Monitoring is an evidence-based mental health and wellbeing service for anyone over 18.

Active Monitoring gives you the skills to understand, protect and improve your mental health.



What is Active Monitoring?

Active Monitoring is an early intervention service which uses guided self-help tools to support your mental wellbeing as soon as you need it. It involves 5 short sessions with a trained practitioner to hear what support you need and develop a wellbeing toolkit of self-help tools. Active Monitoring has been developed with people who have lived experience of mental health problems and professionals.

➔ How does it work?

Trained mental health practitioners deliver Active Monitoring in community settings and remotely via telephone. The first session is a 40 minute introduction to discuss what support you need. If both you and your practitioner feel Active Monitoring is appropriate, you will have five 20 minute sessions using evidence-based tools and resources to develop a wellbeing toolkit.

➔ What does support look like?

You and your practitioner can select one of seven pathways to support your mental wellbeing. These include anxiety and panic attacks, low mood, low self-esteem, stress, grief and loss, feeling alone and managing anger. From these pathways, you can try a range of self-help tools to help you stay well and put together a toolkit of resources that work best for you. Your practitioner will support you to do this in your weekly sessions.

➔ What can it do for me?

Our Active Monitoring programme offers one-to-one support to help you make positive choices in your life and improve your mental health. We will work with you to help you understand your symptoms and offer some handy hints and tips so that you can help yourself feel better.

It raised my self-esteem... I feel I am more able to make decisions and plans. I have been able to off load and talk about issues that weighed heavily. I have been helped to find the tools to deal positively with some very negative issues in my life.

Guided self-help materials include information on:

- Anxiety and panic attacks
- Low mood
- Low self-esteem
- Stress
- Feeling alone
- Managing anger
- Grief and loss

As well as these main pathways, we have a range of other resources that can help you to stay well.



Active Monitoring sessions may go like this:

Referral

- There are a number of ways you can be referred to Active Monitoring. Speak to your local Mind, GP or self-referral.



Session two 20 mins

- You continue to try new tools and use them in your everyday life to begin to develop your toolkit.



Introduction meeting 40 mins

- You attend an introduction meeting with your Active Monitoring practitioner to tell your story and see how we can help.



Session three 20 mins

- You continue to try new tools and practice those you are already familiar with to help you stay well.



Session one 20 mins

- You begin to try new tools specifically chosen by you and your practitioner to help you stay well. You can take tools away with you to practice.



Session four 20 mins

- You start developing your toolkit to help you stay well.



Session five 20 mins

- In your final session you review your progress and completed toolkit and celebrate completing Active Monitoring.



Preparing for your introduction meeting

What do I want to say?

What have I tried before?

What has helped?



3/5 Breathing

Try this exercise while you wait for your appointment to start.

➔ When we feel stressed or anxious, it can affect our breathing. We tend to take short, fast breaths from high up in our body, near our chest. Breathing too quickly can mean you take in too much oxygen, which can make you feel light headed and even panicky.

If you notice that you are breathing quickly, or that you are starting to feel light-headed, then 3/5 breathing can help you to feel more calm. Here's how to do it:

1. Breathe in and count to three as you do so
2. Hold for two seconds
3. Now breathe out and count to five at the same pace
4. Keep doing this until you feel more relaxed

Appointments

Session: _____

Time: _____

Date: _____

Session: _____

Time: _____

Date: _____

Session: _____

Time: _____

Date: _____

Session: _____

Time: _____

Date: _____

Session: _____

Time: _____

Date: _____

Session: _____

Time: _____

Date: _____



If you would like further support, here are some places you can go

- For further information on your mental health symptoms go to:
mind.org.uk/information-support/
- To join a community of people with similar mental health experiences go to:
sidebyside.mind.org.uk
- If you need someone to talk to urgently, call **Samaritans** on: **116 123**

Mind, Castlebridge 4,
Castlebridge,
Cowbridge Road East,
Cardiff,
CF11 9AB

020 8519 2122
mind.org.uk



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