Adult Mental Health Services

Masonic Charitable Foundation

bacp counselling changes lives

vita health group Part of Spire Healthcare

1 MCF Enquiry & Access to support

Contact the MCF Enquiries team

- Details of the service and information on how to start the process are provided.
- *A unique reference number is created.*

Vita Direct Phone 24/7 *Incl*

- *Initial call for support is logged.*
- *Unique reference number is given to helpline on the call.*

2 Assessment & Risk Management

Risk Identification & Escalation or Onwards Referral

Support identified & provided

PHQ9, GAD7 & WASAS Clinical Questionnaire

Option to book sessions where structured support identified

3 Treatment Provided virtually or in person

Treatment pathway identified through clinical assessment

Enhancement Mental Health

High Intensity Talking Therapies

- Cognitive Behavioural Therapy
- Eye Movement Desensitization & Reprocessing

Emotional

Low Intensity Talking Therapies

- Session-based Counselling
- Guided Computerised Cognitive Behavioural Therapy

4 Resolution & Prevention

Relapse Prevention

Twelve-month access to individual treatment plan utilising SilverCloud (following completion of Low Intensity Talking Therapies)

Onward referral as appropriate, incl signposting to community & specialised services