

What happens when sessions end?

Near the end of your sessions, your practitioner will talk to you about steps you can take to continue looking after your mental health when the sessions have ended. You will be given information about other services, and how you can access these if you need to.

Your practitioner will write a letter to summarise the sessions for you to keep. We will share this letter with your GP if you are happy for us to do this.

Making a difference in people's lives



Elmore Community Services

(Elmore for short) was set up in 1989 to work with people 'falling through the gaps'.

This included people with multiple complex needs who were not receiving support from agencies.



Elmore's Structured Psychological Support (SPS)



For further details about your local hub please scan QR code or speak to your GP.



Elmore's Structured Psychological Support (SPS) service is for adults living in Oxfordshire and is provided through the Community Mental Health Framework (CMHF). This is being delivered by specialist Personality Disorder Intervention (PDI) Elmore workers.

The CMHF is a new way of working that will improve mental health services, so that GPs, mental health teams, and other support organisations in the community work better together.



Elmore
Community Services



Structured Psychological Support (SPS)

This type of support was developed for people with emotional difficulties, that affect the way they feel about themselves and their relationships with others.

It involves individual sessions, either face-to-face, over the phone or online. You can be offered six to ten sessions of Structured Psychological Support - these would usually last 30 - 45 minutes and take place every fortnight. You will decide with your worker what is best for you in terms of number of sessions, length and frequency.

What is Structured Psychological Support?

Structured Psychological Support tries to help people understand how their past experiences can influence how they think, feel and act.

During the sessions you will be asked about the biggest problems you are having, and you will agree on one or two of them to focus on. In the rest of the sessions you will be given information and advice about how you can try to tackle these problems. This could be by practicing ways to manage your feelings or manage relationships with others.

In the sessions you will be given information and advice about what steps you could take to help you look after your mental health. This could include employment, training, exercise or other structured activities that can help people live more active lives.

Who is it for?

Structured Psychological Support is for people with long standing emotional health difficulties, which may involve:

- Sudden and distressing changes in mood
- Problems in relationships
- Worries about being rejected or fears of being left all alone
- Feelings of anxiety, emptiness and hopelessness
- Irritation and anger with yourself or others
- Behaving in ways that can cause harm, like drinking too much, taking drugs, or hitting yourself

What happens if I miss a session?

A missed session can be rescheduled if you contact your clinical practitioner in advance. If you do not let the practitioner know and you miss the session, it may not be possible to reschedule it.

How can I be referred?

Referrals usually come from primary care staff in GP surgeries. SPS is not suitable for everyone and is not available in all areas currently. If you are interested please contact your local hub or GP for more information.

Can I include other people in the sessions?

Most of the sessions are for you on your own, but if you have a family member or friend who supports you, they might be able to join one or two of the sessions if you want them to. This is entirely up to you.

If you have any questions please ask your practitioner, they are there to try to help.

Structured Psychological Support helps people do more of what works for them. It doesn't take away people's problems but it can help people live better with the difficulties they have.

