

Support, Care and Treatment Pathway









Self management
Self-care
Community supports
Third sector
Digital support
Digital mental health
and wellbeing supports
Helplines
e.g. Breathing Space
Peer support

Primary care, GPs
General mental
health care
Helplines
e.g. NHS 24
Mental Health
Hub
Digital/online
support and
therapies

Specialist secondary
mental health care and
treatment
Community mental
health team
Older adults community
mental health team
CAMHS
Psychological therapies

Psychological therapies teams Liaison/urgent care teams Highly specialist services Inpatient care Forensic teams Perinatal services Eating disorder services