

Live Well Kent

Porchlight Report Dartford, Gravesend and Swanley MHAG Quarter 3 report

Live Well Kent services in DGS

Rethink Sahayak access to one to one support, telephone support and peer support groups that offer a range of activities that is sensitive and supports BME communities

North Kent Mind Support to improve your mental health and physical wellbeing through a range of activities including drop ins, physical activities, coping with life courses, mindfulness and recovery courses

Springboard– Help to return or stay in employment while recovering from mental health illness with one to one support with your own advisor, personal development programmes, interview skills, help with benefits and job opportunities

MEGAN CIC – A peer support group for people either with a diagnosis of identify themselves with having a personality disorder

Community Inclusion Service – Helping people who are socially isolated to gain confidence and feel part of their community

Community Housing support –supporting people with housing needs resulting from mental health issues

Primary Care Mental Health Specialist- assess and support people who have severe mental health conditions and people who present common mental health conditions in primary care. From 1st May this service is provided by Invicta Health.

Primary Care Community Link Worker service provides one to one support for up to 8 weeks for advice and guidance on a variety of issues to help people move forward

Data recorded from quarter 3

Total Referrals 118 (+78 PCMHS)

IAPT referrals 19

GP referrals 4 + 8 self-referrals whose GP recommended LWK

KMPT referrals 12 + 2 self-referrals where KMPT recommended LWK

Self-referrals 39 (8 recommended by previous service users)

Signups 108

SMI 52

CMI 69
Prevention 12
Contact within 2 days 113 96%
Average contact 1.07 days
Average start of service 2.53 days
MECC intervention 107 99%
Active caseload at end of Q2 544
Friends and Family Test 100% 60 Yes

Primary Care Mental Health Specialist service

Overall caseload 124
Step down 81
GP/Self 43

Quotes from Service users of Live Well Kent

'I was going through a bad time and (...) was very supportive, very caring and compassionate, they kept in contact to see how I was getting on with other organisations'

'(...) was very good, very nice, they tried to help. They made contact with my CPN and helped in regards to my tribunal'

"I love coming to this group they make me feel safe and understand me"

"I found talking through my issues with like-minded people so helpful, realise I'm not alone";

"I was helped at the most distressing time calming me down and supporting me getting things done for me"

"What a great help, I am grateful for your support"