



Psychological Professions Week



Department
of Health &
Social Care



England

The 10-year health plan

What does it mean for a more psychological NHS?

- **Dr Adrian James**, National Medical Director for Mental Health and Neurodiversity
- **Ali Bryant and Paul Edwards**, Experts by Experience
- **Dr Adrian Whittington**, National Clinical Lead for Psychological Professions

The plan for today

| Time | Topic |
|-------|---|
| 9:35 | Introductory Remarks Dr Adrian James, National Medical Director for Mental Health and Neurodiversity |
| 9:45 | What do we think? Ali Bryant and Paul Edwards, Experts by Experience |
| 10:00 | The 10-year health plan: opportunities and challenges Dr Adrian Whittington, National Clinical Lead for Psychological Professions |
| 10:40 | Q&A Panel Naheem Akthar, Strategic Lead, National Mental Health Programme |
| 11:00 | End |

Opening Remarks

Dr Adrian James, National Medical Director for Mental Health and Neurodiversity

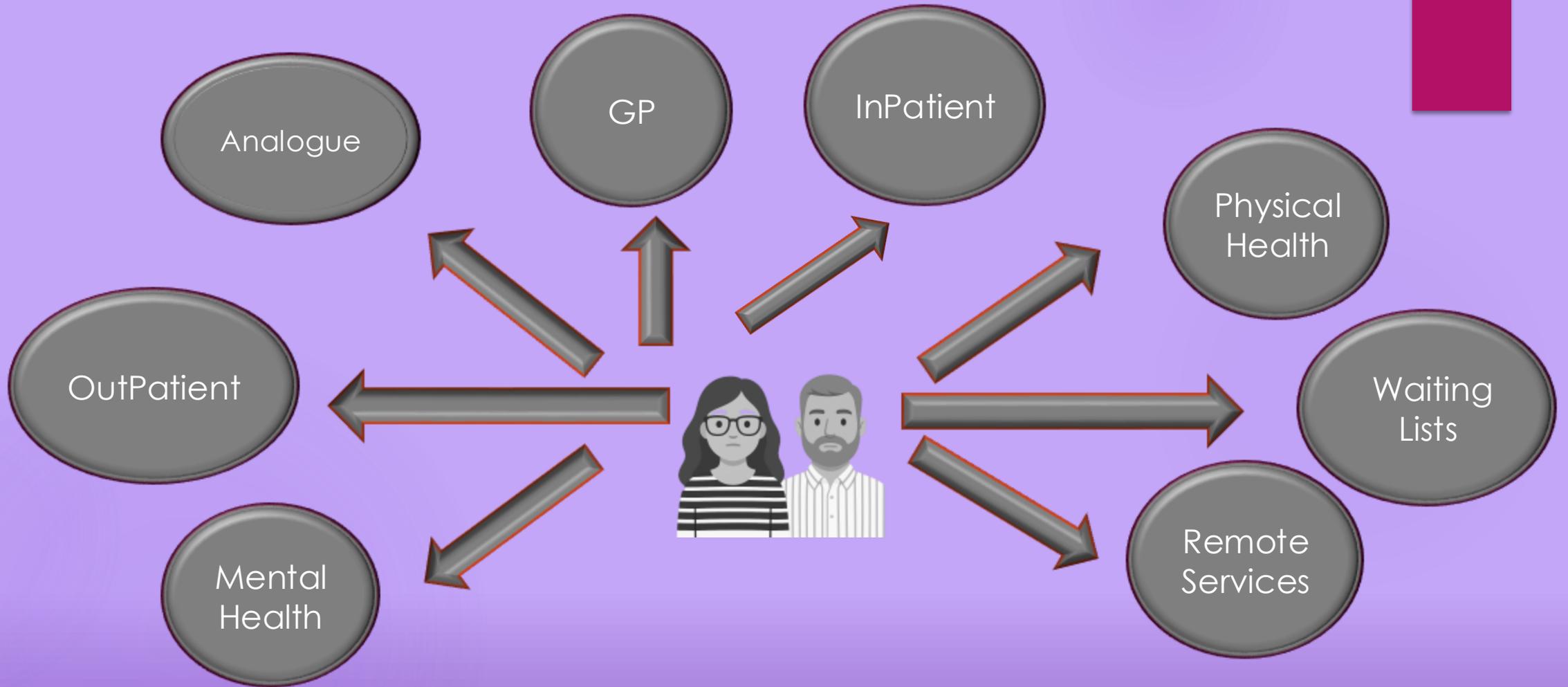
What we think

Ali Bryant and Paul Edwards, Experts by Experience

**The 10 Year health plan
The '3 Shifts'
The Psychological Professions
And Us**

What do we think?

**A Conversation with:
Experts by Experience
Ali Bryant and Paul Edwards**



Fragmented Healthcare System

**Patient
First**

**Hospital
to
Community**

**Sickness
to
Prevention**

**Analogue
to
Digital**

Patient Centred Integrated HealthCare



Every now and then, I feel so insecure.



The 10 year health plan: Opportunities and challenges

Dr Adrian Whittington, National Clinical Lead for Psychological Professions

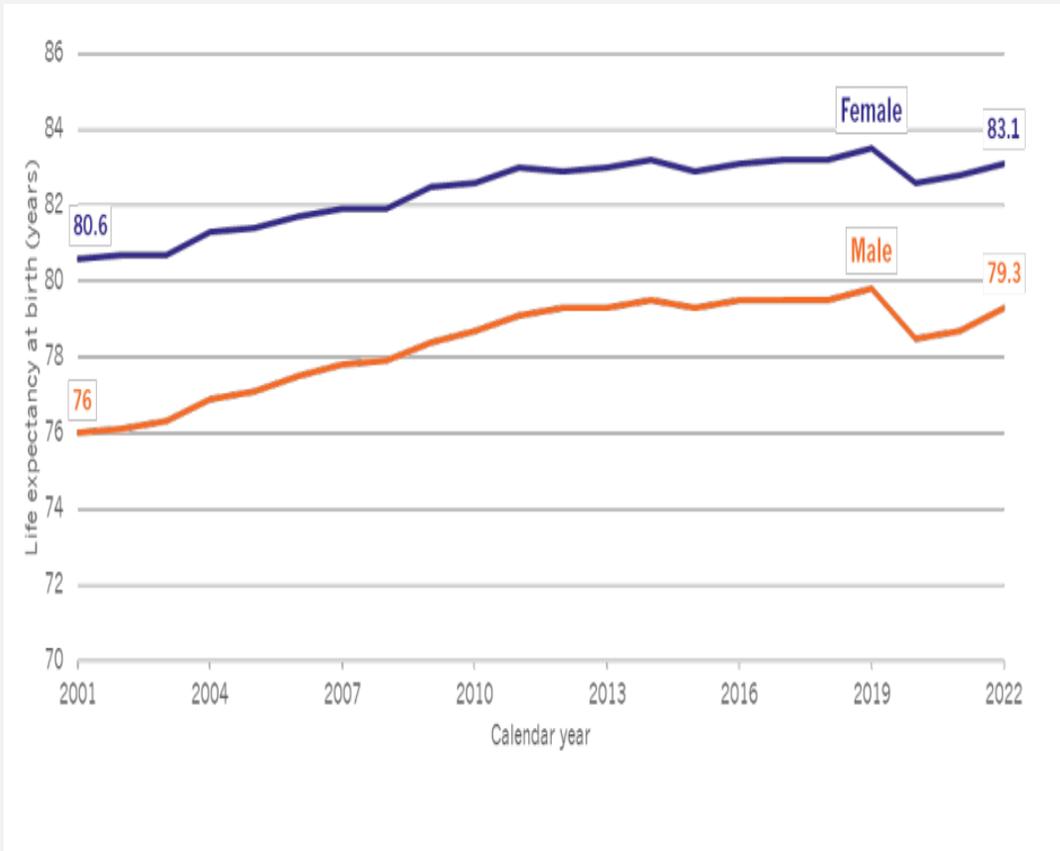
What I plan to cover

- Why we need a new care model
- The 10 year health plan – opportunities and challenges
- What next for psychological healthcare?

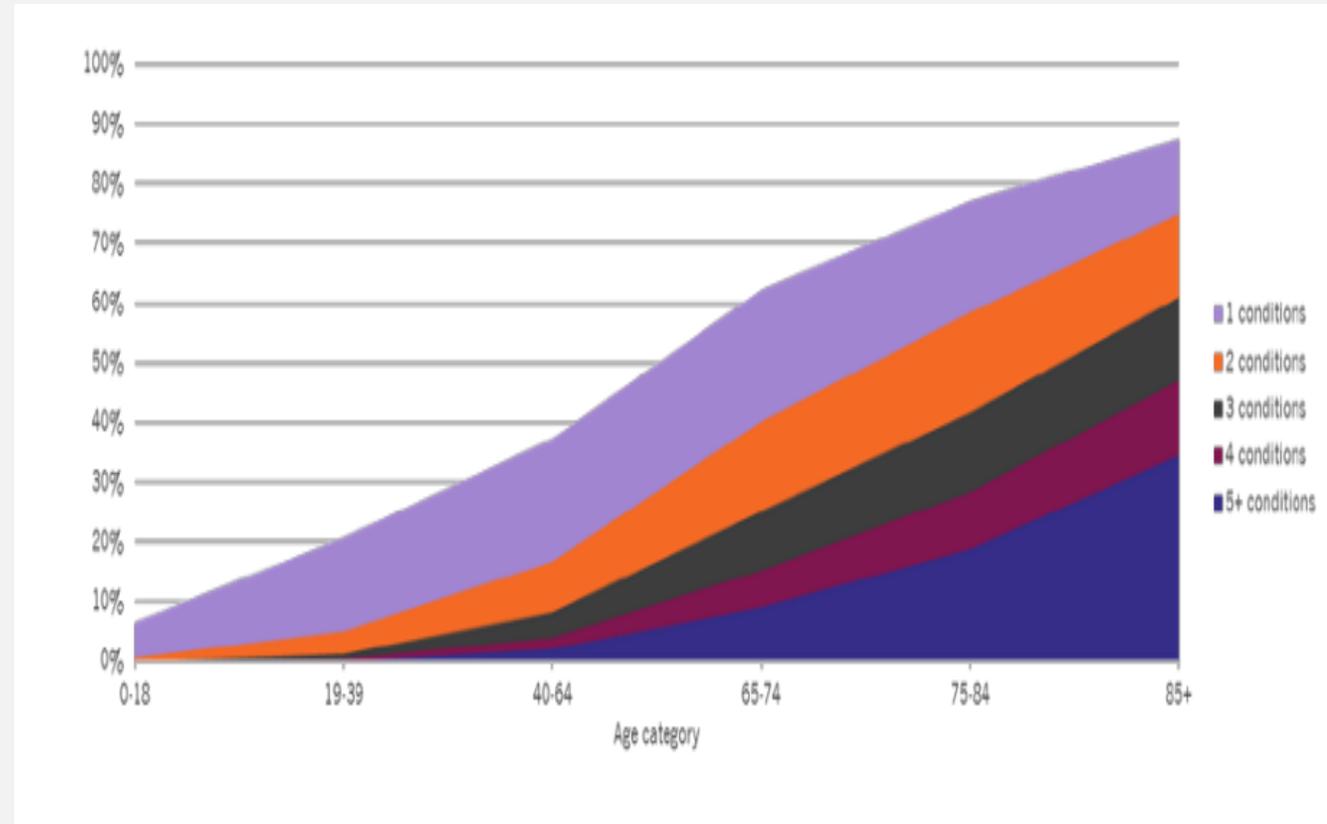
Why we need a new care model

The Darzi Review – demand

Life expectancy over time

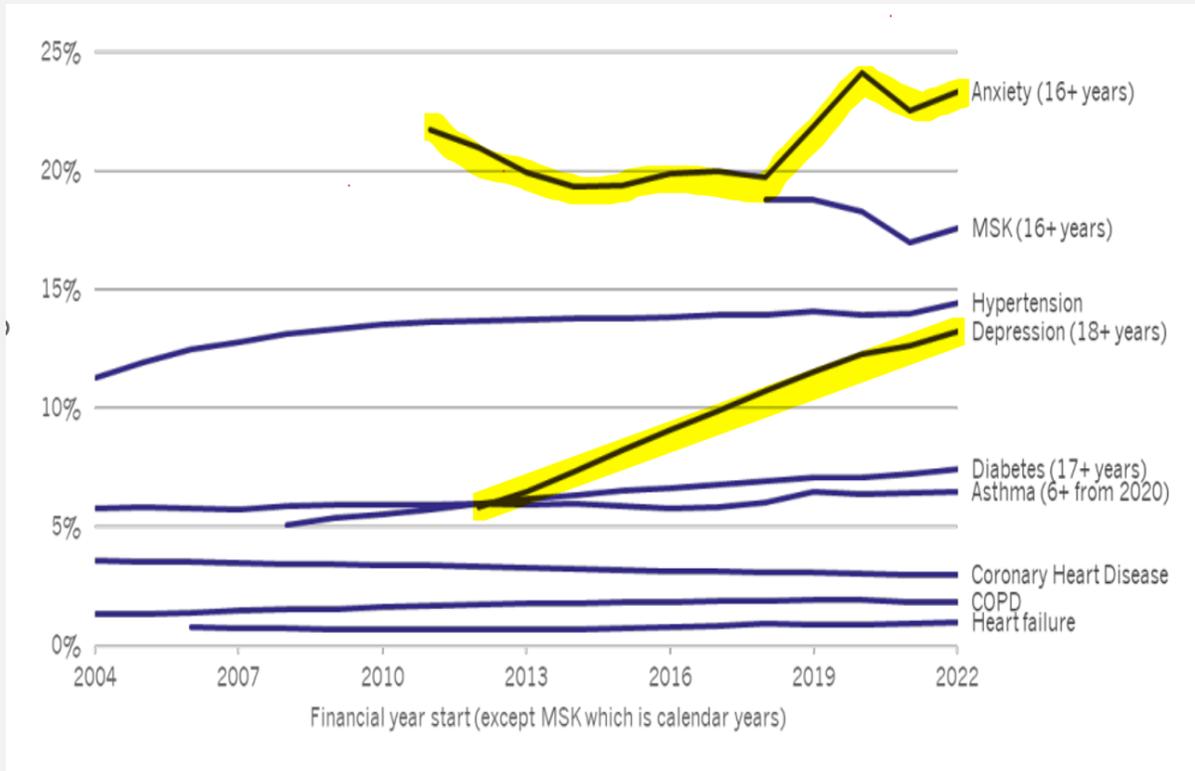


Long term conditions by age

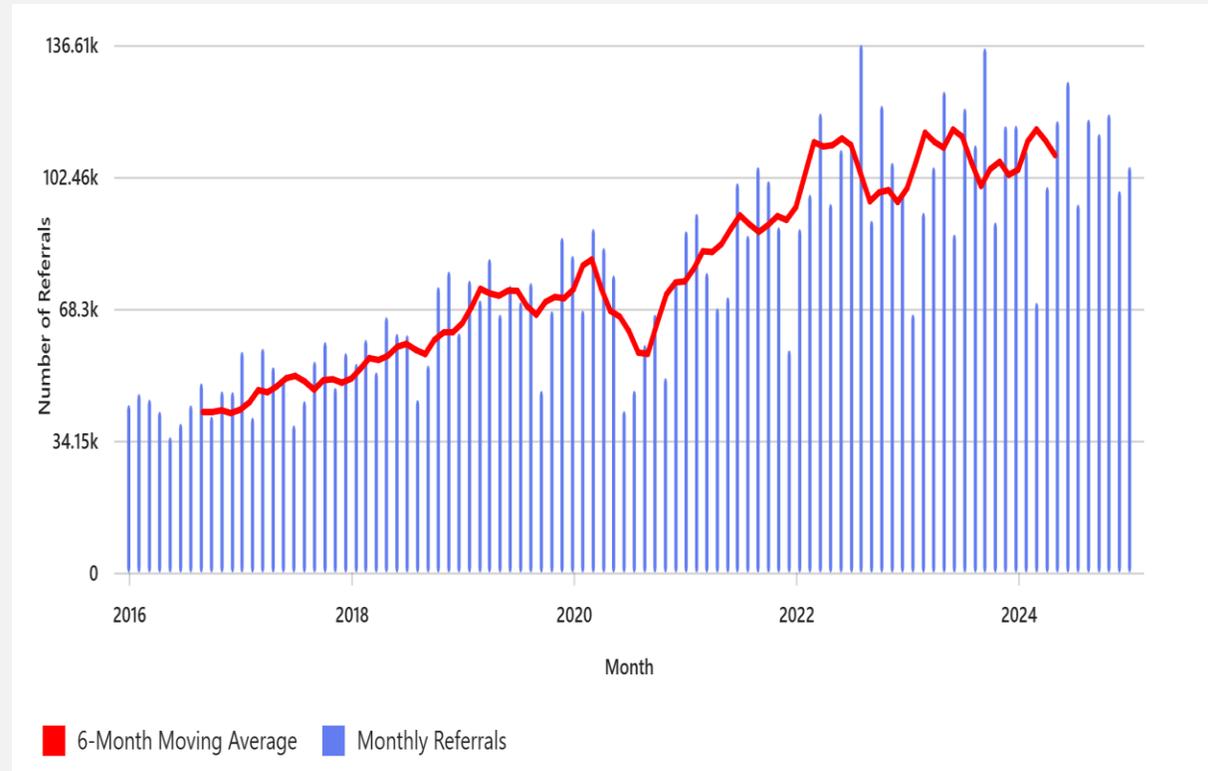


Mental Health Prevalence and Demand

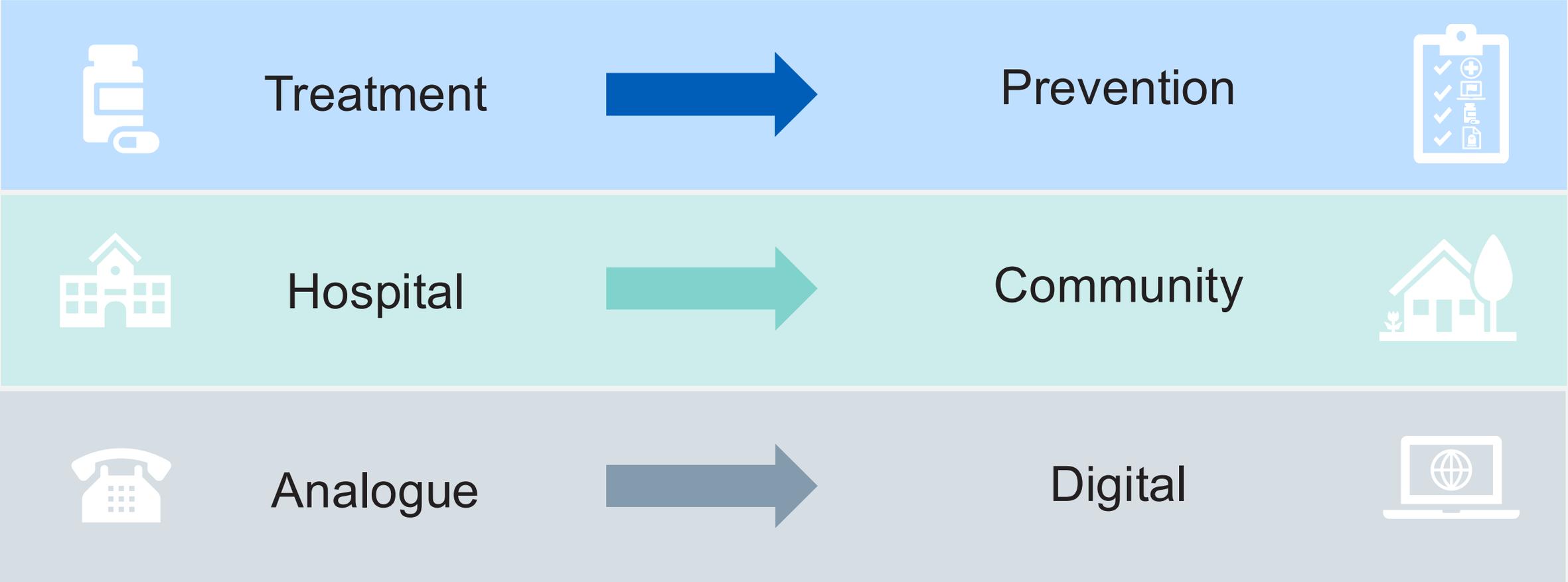
Prevalence of health conditions 2004-2022



Referrals to childrens mental health services 2016-2024



Closing the gap between demand and capacity



The 10 year health plan: opportunities and challenges



UK Government



FIT FOR THE FUTURE

10 Year Health Plan
for England



01

It's change

or bust

We choose change

- Informed by 250,000 contributions
- "The NHS stands at an existential brink"
- A new model of care organised around three shifts
- Goal to narrow health inequalities

02

From hospital to community

The Neighbourhood Health
Service designed around
you

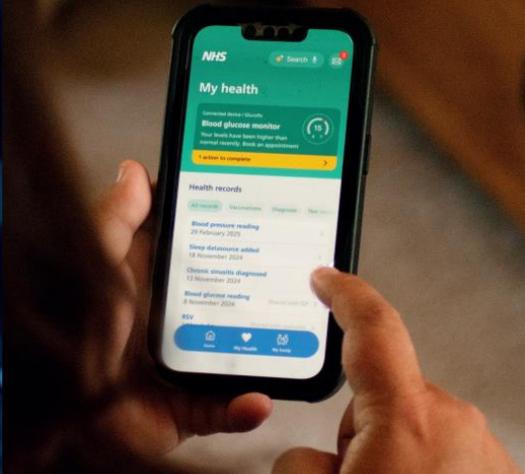


- **Neighbourhood health centres** open 12 hours per day, six days per week bringing care together in local communities to prevent silo working.
- Piloting “Neighbourhood Mental Health Model”: **24/7 mental health hubs**, six currently trialling
- Commitment to **85 new Mental Health Emergency Departments**

03

From analogue to digital

Power in your hands



- NHS App will become the **digital front door** for symptom checking, bookings, self-referral, integrated patient record
- Self-referral via **NHS App** directly to **talking therapies**
- Launch of a **HealthStore** to provide NICE-evaluated digital mental health apps as funded interventions

04

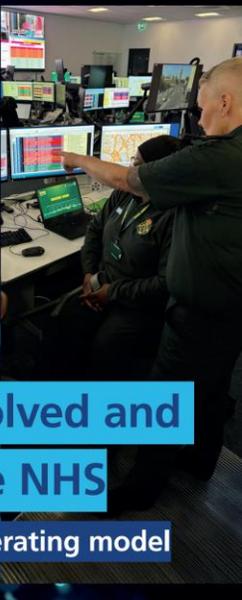
From sickness to prevention

Power to make the healthy choice



- Tackle **smoking and obesity** through legislation
- Drive prevention through **genomic testing**
- Tackle **social determinants** of poor health (debt, employment)
- Full rollout of **Mental Health Support Teams** in schools and **Young Futures Hubs** by 2029/30

05



A devolved and diverse NHS
A new operating model

06



A new transparency of quality of care

07

An NHS workforce fit for the future



08



Powering transformation
Innovation to drive healthcare reform

09

Productivity and a new financial foundation



- New operating model – centre, region, ICB, provider

- Patient voice
- Universal PROMS
- Modern Service Frameworks

- 10 Year workforce plan
- Staff treatment hubs

- Artificial intelligence
- Genomics
- Wearables

- Eradicating deficits
- Multi-year planning
- Reallocation of resource to community

Three big opportunities for psychological healthcare

01

Psychological approaches in neighbourhood healthcare



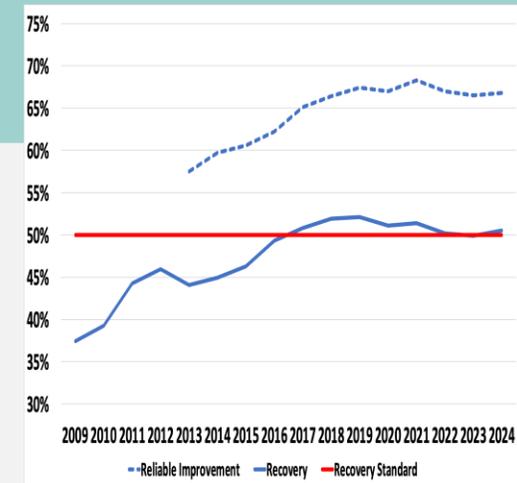
02

Digital innovation



03

Universal outcome reporting



Three challenges for psychological healthcare

01

Avoiding competition



02

Being proactive



03

Embracing change



What next for psychological healthcare?

Medium Term Planning Framework –

delivering change together
2026/27 to 2028/29

Objectives

- Reduce waiting times dramatically
- Restore access to local care
- Cut unnecessary bureaucracy
- Enable local leadership

Specific focus areas for psychological healthcare

- MHST roll out
- NHS Talking Therapies expansion
- Staying Safe from Suicide
- Autism and ADHD assessment
- Reducing admissions

10 Year Workforce Plan

A new approach to strategic workforce planning

Instead of asking

'how many staff do we need to maintain our current care model?'

we are asking

'given our reform plan, and our commitment to a sustainable NHS, what workforce do we need?'

Psychological professions - England

Psychologists

- Clinical Psychologists
- Counselling Psychologists
- Forensic Psychologists
- Health Psychologists

Associate and Assistant Roles

- Clinical Associate in Psychology
- Assistant Psychologists

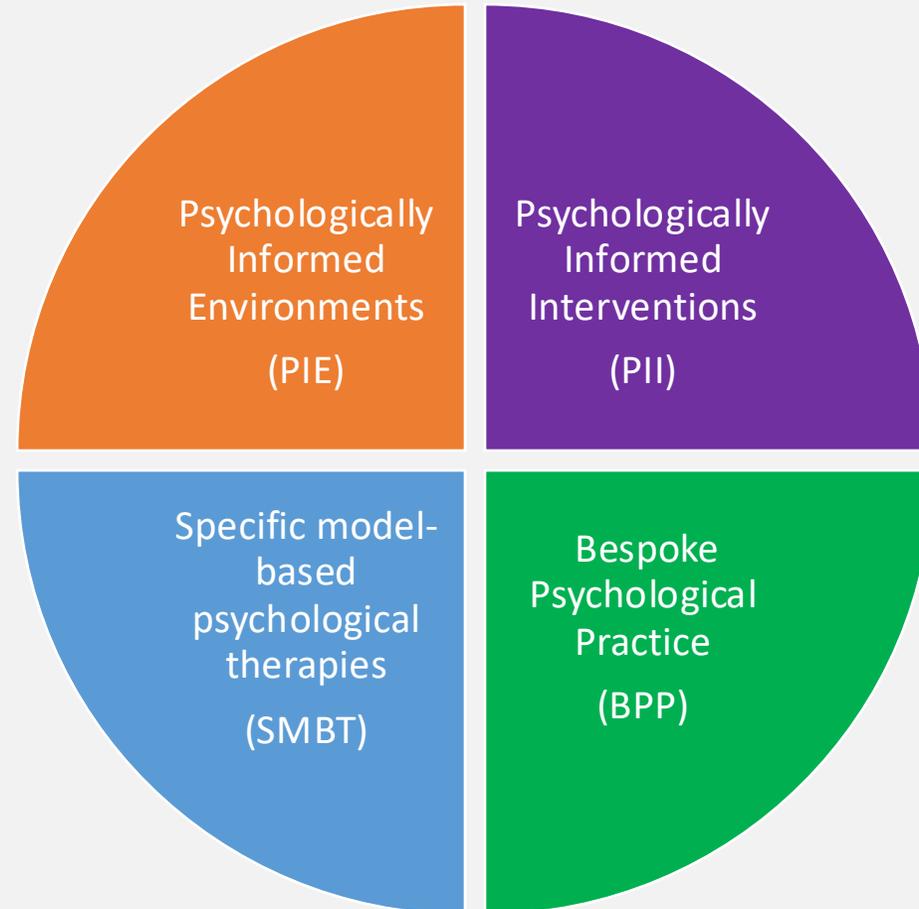
Psychological Therapists

- Cognitive Behavioural Therapists
- Counsellors
- Child and Adolescent Psychotherapists
- Adult Psychotherapists
- Family and Systemic Psychotherapists
- Psychological Therapists (other)
- Art, Drama and Music Therapists (with AHP professional leadership)
- Medical Psychotherapists (with Medical professional leadership)

Psychological Practitioners

- Psychological Wellbeing Practitioner
- Education Mental Health Practitioner
- Children's Wellbeing Practitioner
- Mental Health and Wellbeing Practitioner
- Youth Intensive Psychological Wellbeing Practitioner

Areas of Psychological Practice



Clinical Psychology Forum, April 2024

Psychological Professions NHS Workforce Growth - England

Workforce Profile : Jun-2025

Latest Data: August 2025

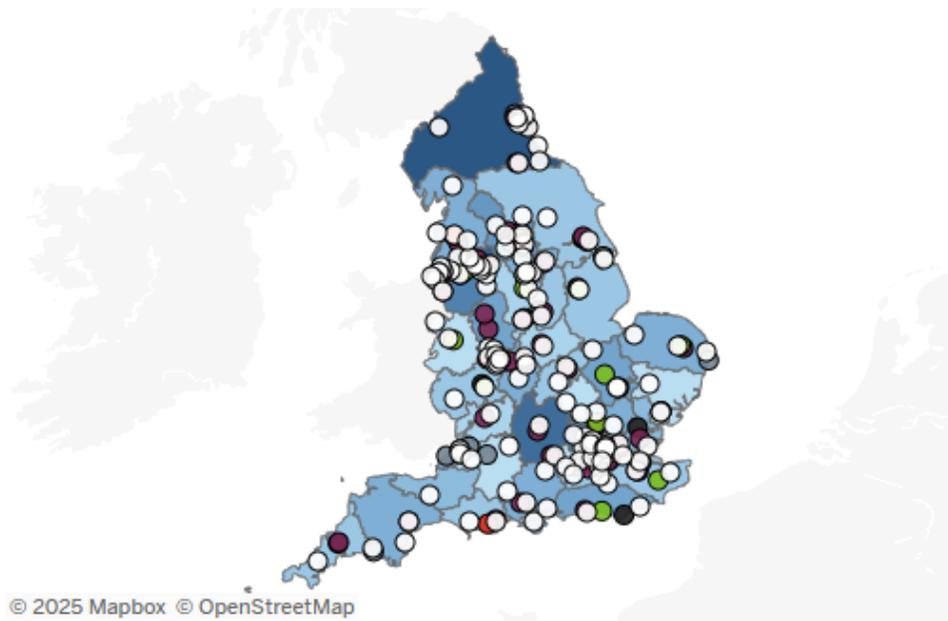
WTE:
34,100

Headcount:
38,766

Avg WTE:
0.88

Organisation Locations - WTE

Hover for Map Legend



Staff in Post
Mar-2016 to Jun-2025

■ Headcount ■ WTE

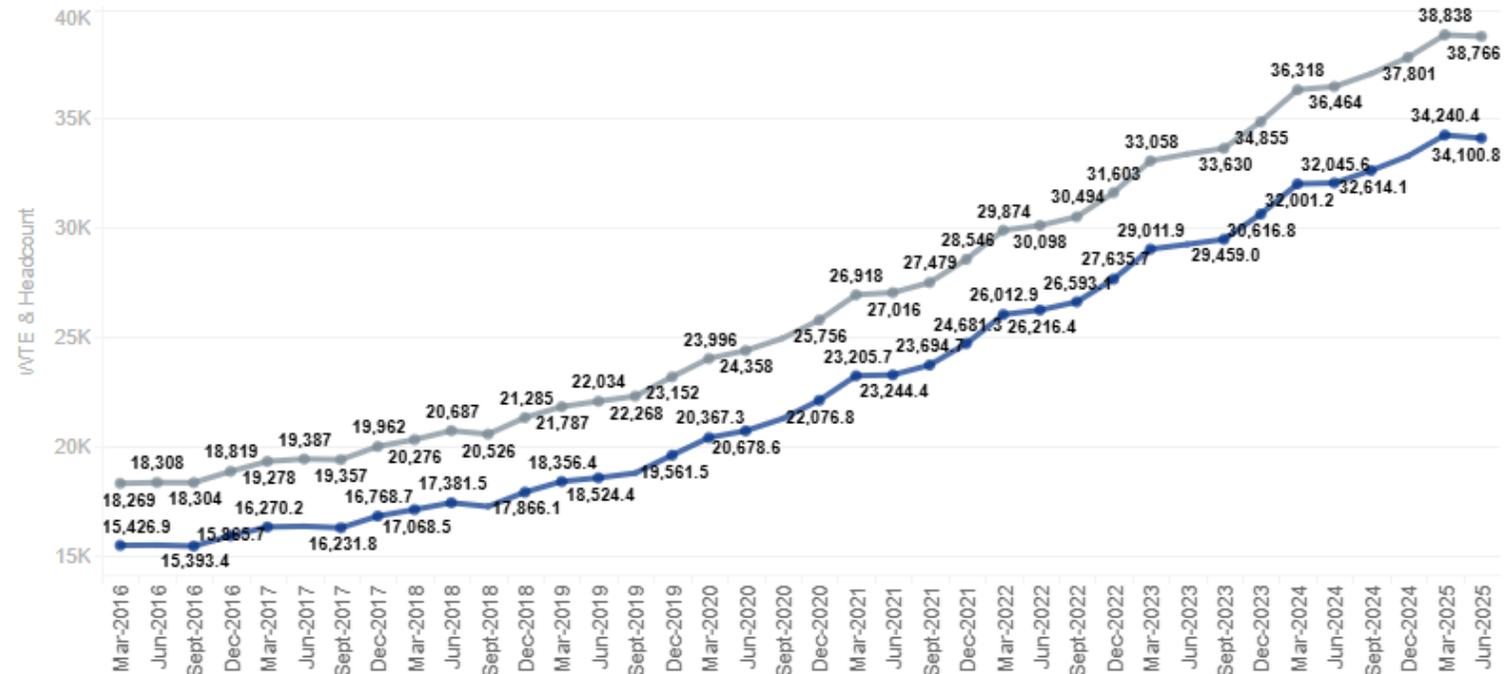


Quarter/Month Dates

Actual/% Change

Quarterly Dates

Actual Values



**Our
leadership is
needed!**



Psychological
Professions Week



Panel Q&A

Naheem Akhtar

Strategic Lead, National Mental Health Programme

www.ppn.nhs.uk