# 8 WAYS THE **PSYCHOLOGICAL PROFESSIONS**WILL SUPPORT DELIVERY OF THE NHS LONG TERM PLAN: PROMOTION, PREVENTION AND INTERVENTION



#### 1. PERINATAL CARE

Delivering evidence-based psychological therapies to an extra 24,000 new mothers with moderate to severe perinatal mental health problems and a personality disorder diagnosis.



## 2. CHILDREN AND YOUNG PEOPLE

Shaping the new mental health support teams and providing psychological therapies to some of the extra 345,000 children and young people accessing mental health support.



## 3. ADULT COMMON MENTAL HEALTH PROBLEMS

Providing NICE-approved psychological therapies through IAPT services to an extra 380,000 adults and older adults with depression and anxiety each year.



#### 4. ADULT SEVERE MENTAL HEALTH PROBLEMS

Working within redesigned multidisciplinary services to deliver more psychological therapies and psychologically-informed care to people with severe mental health problems.



#### 5. MAJOR HEALTH CONDITIONS

Supporting psychological adjustment and psychologically-informed healthcare following diagnosis of major health conditions such as cardiovascular disease, cancer, dementia, and diabetes.



# 6. LEARNING DISABILITY AND AUTISM

Supporting timely diagnostic assessments for autism, and the further development of psychologically-informed care for people with learning disabilities.



#### 7. NEW TECHNOLOGY

Extending the development and rigorous evaluation of digitally-enabled models of psychological therapy and other technological developments to improve patient care.



## 8. SUPPORTING THE NHS WORKFORCE

Providing staff wellbeing programmes, psychological interventions as well as clinical supervision and training across disciplines including new roles.