## 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.