

What to expect from your initial assessment with Healthy Minds.

Your assessment will take around 45 minutes. Please make sure that at the time of your scheduled call, you are somewhere you feel able to talk freely, confidentially, and without being interrupted. If call takes more than 45 minutes, we may need to take a break and schedule a follow up appointment to finish the initial assessment.

All calls are kept confidential within our service; however, we do also keep your GP up to date. The only time we may break confidentiality is if you say something that makes us concerned for your safety or the safety of someone else however, we will always try and contact you before doing this.

Some elements of the assessment may occasionally vary in order, but here is an outline of what you can expect to talk about in the call:

- **Contact/key details:** your clinician may already have some of this information but will need to confirm it with you or fill in any gaps. They will also ask for the name and contact number of a friend or family member which would only be used in case of emergency.
- **Reviewing your scores on the questionnaires:** you may have filled these in before your assessment, or you will do them with your clinician over the phone. There are no right or wrong answers, and we use these scores along with your description of how you have been feeling to help us make decisions with you about your care.
- **Talking about your safety:** the clinician will ask some questions about whether you have any thoughts about harming yourself, if you are currently doing so, and whether you have ever hurt yourself in the past. We know that these can be difficult topics to talk about, so you can take some time if you need to. These questions are important for helping us to support you to stay as safe as possible. Your clinician will also discuss a Safety Plan with you. This may include details of other services or trusted individuals you could contact, ways to cope with overwhelming thoughts and/or emotions, and ways to keep yourself safe in your environment.
- **Lifestyle and history:** there will be some questions about your mental health history, any abuse, or traumatic experiences you may have had, any current medication you are taking for your mental health, and whether you drink alcohol or take any drugs. These questions will help your clinician to identify the most appropriate support for you.
- **Current difficulties:** you will be given time to tell your clinician about your current difficulties in your own words. Your clinician may also ask some follow-up questions to get a thorough understanding of the problem.

At the end of the assessment, your clinician may offer you some treatment options (which could include recommendations for other services which might be more suitable for you at this time). You can either tell your clinician straight away which one you would like to choose or take a few days to think about it and let us know in a brief follow-up call. Alternatively, your clinician may want to discuss these options with their supervisor first, in which case they will offer you a follow-up call to talk about these.

All decisions about your treatment will be a collaborative decision made between you, the clinician and possibly the clinician's supervisor. All support offered is voluntary. We will always send you an email or letter after your assessment to confirm what we discussed and any decisions we have made together, and this will also be sent to your GP so that they are aware of any support you receive.