

What happens when my sessions finish?

During the sessions you will have had an opportunity to develop your own **self-management plan** and been supported to consider what you need to put in place to assist your recovery. This may include **new strategies** to manage your wellbeing or revisiting ones you know. You will have been introduced to local Pathfinder and other services that can **provide ongoing support** in your recovery, if you want this.

If you are struggling at a later date you can **reconnect with the Pathfinder clinician** again through one of the Pathfinder organisations listed if that's what you need.

The Pathfinder clinician can offer **time limited sessions** to support you to help get back on track with your wellbeing. They can also help you to **access specialist NHS mental health support** if this is required.

The Pathfinder clinician for your area is:



www.pathfinderwestsussex.org.uk



pathfinder
west sussex

pathfinder
clinical service



Sussex Partnership
NHS Foundation Trust

What is the Pathfinder clinical service?

The **Pathfinder clinical service** is a small Sussex Partnership NHS Foundation Trust (SPFT) **team of professionally qualified staff** (nurses and occupational therapists) that is working together with other mental health service providers across West Sussex.

Together, we are called 'Pathfinder' and are **working in partnership** as an alliance. We have developed a more integrated mental health service in the community, with the aim of **improving the experience for people needing mental health support.**

"A great way to feel supported out of hospital or clinics"



Pathfinder service user

What we do

There is a named **Pathfinder clinician linked to each area.** They can provide additional mental health support to you **whilst you are accessing Pathfinder services without the need to visit your GP.** You can just talk to the staff that you know and they will link you up with the local clinician if that is what you need. The Pathfinder clinician can also **support you in the transition from being supported by Sussex Partnership** to services provided by other local mental health organisations outside of the NHS.

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Where we work

Your Pathfinder clinician spends most of their time based out **in the community** with the Pathfinder organisations. This means if you are struggling with your mental health they can **offer support quickly.**

Clinician support

If you are referred by one of the Pathfinder (non-NHS) services this will have been discussed with you first. The clinician will **initially meet with your worker** to offer them a consultation and advice about supporting you. If however due to your needs, **direct support** from the Pathfinder clinician is what you require this will be arranged. When you meet the clinician you will agree a plan. This may be **one to three sessions** or on occasion six sessions.

If you are being supported to be **discharged from SPFT services,** the Pathfinder clinician's aim is to support you with this transition. For this we offer **three to six sessions.** These will explore **strategies** that can help you in your **recovery** and assist you in developing your own **self-management plan.** In the first meeting we will plan with you whether the 1:1 support or group sessions (**5 Ways to Wellbeing**) will be most helpful to you.