As part of modernising adult mental health services, RDaSH is developing the use of nurse-led clinics to improve the services that it provides.

Nurse-led services have been in operation for many years across the NHS and many people will be familiar with such services, for example in their local GP surgeries.

The mental health nurse-led clinics will be run by staff from the multi-disciplinary community teams. They will be held in a range of locations, alongside other mental health services.

**What is a nurse-led clinic?**

Nurse-led clinics are run by experienced and skilled nurses who are supervised by a consultant psychiatrist.

**The clinics are able to offer:**

- Assessment
- Evidence-based treatments, including nurse prescribing
- Expert medication management
- Health and wellbeing checks
- Lithium and clozapine monitoring
- Talking therapy
- Psycho education / information and advice
- Referral to other appropriate services
- Carer support.

The clinics are just one part of the service provided by the specialist community teams.
What can you expect?

The clinics will run in a similar fashion to those previously offered in a traditional outpatients setting, and will be coordinated by a nurse.

The nurse will take a holistic view, to better understand your needs and the ways in which you can be supported to achieve recovery. He or she will work with you to agree a care plan, and you will be provided with a copy of this.

As the clinics are part of our wider adult community service, we will be able to provide additional support from the multi-disciplinary team as a whole, in a more flexible and responsive way. This will support you to move through a pathway of care according to your needs.

Extra support that is available if you need it includes:

- Psychiatric assessment and treatment
- Psychological therapy
- Group work
- Vocational support
- Social care / support
- Occupational therapy.

Additional information

If you require any further information about the clinics please speak to the nurses at the clinic or the team leader on:

www.rdash.nhs.uk