



**Easy  
Read**

# Approved Mental Health Professional service

Who we are and what we do

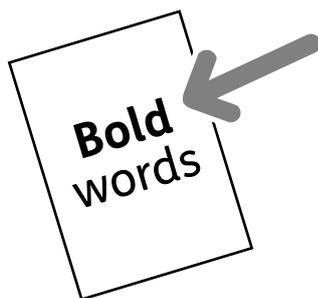


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In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are [blue and underlined](#). These are links that will go to another website which has more information.

# Introduction



This information is about the Approved Mental Health Professional service in West Sussex. We support local people who are:



- Finding it very difficult to cope with their mental health.



- Urgently in need of a **mental health assessment** as set out by the law - the law is called the Mental Health Act.



A **mental health assessment** is when you meet with a mental health professional to work out what care or support you need, as set out by the Mental Health Act.

# What we do



We provide support and mental health assessments for people who are finding it very difficult to cope with their mental health.

When we support people with their mental health we try to:



- Make sure their mental health does not get any worse.



- Include them in their mental health assessment.



- Do whatever we can to keep them and the people around them safe - this might mean the person has to stay in hospital for a while.



- Look at lots of different ways to support the person and choose what is best for them.

# Approved Mental Health Professionals



Approved Mental Health Professionals are the people who represent us and carry out our work.

Only professional staff can become Approved Mental Health Professionals. This includes staff like:



- Social workers.



- Psychologists.



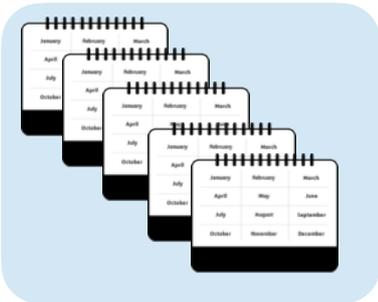
- Nurses.



To become an Approved Mental Health Professional you have to do a training course.



In West Sussex the training course is run by the University of Brighton.



You can be an Approved Mental Health Professional for 5 years. After 5 years you have to apply again.

# Approved Mental Health Professional panel



The Approved Mental Health Professional panel is a group of people who:



- Make sure Approved Mental Health Professionals complete their training course.



- Decide whether an Approved Mental Health Professional can continue doing their work after their 5 years have ended.

# Supporting Approved Mental Health Professionals



We support Approved Mental Health Professionals to improve the way they work.



We expect Approved Mental Health Professionals to keep up to date with the mental health law.

We help Approved Mental Health Professionals to improve the way they work by:



- Preparing information and guidance on how to make decisions.



- Providing specialist help and support.



- Providing an improvement programme - this is training and activities to help the professionals get better at their work.

# For more information



If you need more information please contact us by:

- Phone: 0330 222 8866



If you think somebody needs a mental health assessment as set out by the Mental Health Act please contact the Approved Mental Health Professional hub by:

- Phone: 0330 222 8866

If you would like to make a complaint or give us some feedback please contact us by:



- Our website:  
[www.westsussex.gov.uk](http://www.westsussex.gov.uk)



- Phone: 01243 777 100



- Using Relay UK:  
1800 101 243 777 100



- Post:  
Customer Relations Team  
West Sussex County Council  
County Hall  
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