

#AskHowIAm – a model of whole person care for people living with long-term physical health conditions

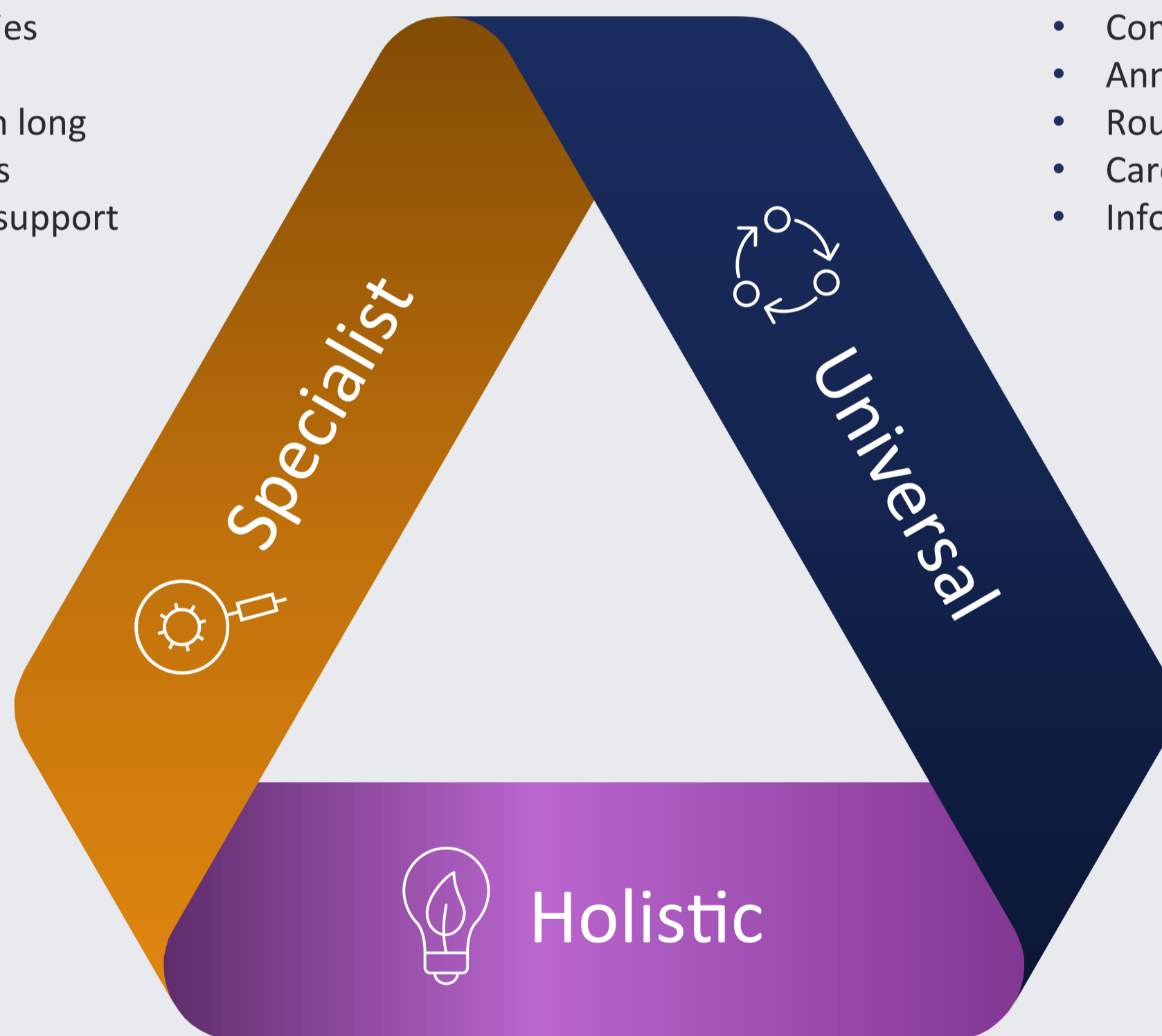
UNIVERSAL: continuity of care, information and partnership, routine enquiry about mental health, an annual holistic wellbeing check, and support for carers. These elements should be a feature of all long-term conditions services for everyone.

HOLISTIC: practical help (for example with money and work), mental health self-help resources, social prescribing and peer support. These should always be available freely when and where they are needed, offered proactively and equitably, adapted to people's needs and wishes.

SPECIALIST: a range of psychological therapies and interventions, mental health practitioners located within long-term conditions services and emotional support for carers. These should be 'on hand' to offer specialist support when it's required.

SPECIALIST

- Psychological therapies
- Collaborative care
- Mental health staff in long term condition teams
- Carer mental health support



UNIVERSAL

- Continuity of care
- Annual wellbeing check
- Routine enquiry
- Carer support
- Information and partnership

HOLISTIC

- Self-help resources
- Practical support
- Social prescribing
- Peer support