## Mental Health Levels explained



The Mental Health levels outlined below enable GSP providers to identify the level of need their organisation can accommodate within the opportunities and activities they are offering. This enables social prescribers to assess the suitability of the offer for their patient and therefore ensures that the patient is referred into an

appropriate setting where their needs will be met.

Level 0

A person who has taken

being through engaging in

independently accessing

their own decision to

an activity or

resources.

advice or self-help

If referrals have not been appropriate please contact the local link worker.

Level 1

## Level 3

A person who has more complex needs and requires more than one area of support, including specialist and local mental health team support. This person needs support to access provision through dedicated social prescribing pathways; provided by services with resources and expertise tailored to people with more with complex mental ill health.

A person who is experiencing acute mental health crisis and receiving inpatient or intensive support, or a person who has a long-term serious mental illness which affects how they function and need regular care and support. This person will access specialist provision, delivered by mental health professionals.

Level 4

## Level 2

A person who is receiving support from their GP and/or or a link worker and want to be able manage their mental well-being improve their mental wellthrough social prescribing pathways.

A person who needs GP support and access to psychological therapies, short term medication and/or ongoing monitoring and intervention, and are able to manage their mental health with this support. This person may need initial support to access provision through social prescribing pathways.

Most groups will deliver this provision

**Specialist Provision**