GLOSSARY OF COMMON TERMS

Feelings of confusion, depression and anxiety are a normal reaction to the ups and downs of modern life. A person is described as having a mental health problem when these feelings are so strong or long lasting that he or she has difficulty coping with everyday life.

Every person's experience of mental distress is unique. Here we describe the terms used in mental health to diagnose and treat different illnesses, including people's jobs and abbreviations for services.

These categories are generalisations only and don't fully express personal experiences of mental ill health.

A

**Advocate** - An advocate is a person you can turn to for information, advice and other help to get the treatment and support you would like.

**Alternative Therapies** - please see complementary therapies

**Antidepressants** - Antidepressants aim to treat the symptoms of depression and can help people experiencing depression to feel more motivated and energetic. Anti depressants can sometimes cause side effects, which will be discussed with you by the Health Care Professional responsible for treating you.

**Anti-psychotic Medication** – Anti-psychotic medication is normally given to treat the symptoms of schizophrenia and manic depression. Anti psychotic medication can sometimes cause side effects, which will be discussed with you by the Health Care Professional responsible for treating you.

**Approved Mental Health Worker** - An AMHP is a qualified professional that has had special training in mental health. They have a duty to assess people for admission to hospital under the Mental Health Act.

**Assertive Outreach** - Assertive outreach describes a relatively new community based service that actively supports people with serious mental health needs in their own homes that find it difficult keeping in contact with mental health staff over time.

C

**Care Coordinator** - A care coordinator is someone like a doctor, nurse or social worker who you see regularly and who works with you to understand what your
needs and problems are. They will be the person who supports you and may arrange for other people to help you too

**Care Plan** - A care plan is a written plan that describes the care and support staff will aim to give you when you as a service user of the Mental Health Trust.

**Care Programme Approach (CPA)** - The Care Programme Approach or (CPA,) is a Government policy that provides a framework for health and social services to work together to provide an agreed programme of care.

**Clinical Psychologist** - A clinical psychologist is a mental health professional who has a doctorate in psychology and additional clinical, practice based training. Clinical psychologists offer a range of psychological treatments including behaviour therapy, cognitive behaviour therapy, counselling and psychotherapy.

**Cognitive Behavioural Therapy** - Cognitive behavioural therapy or CBT aims to help people change patterns of thinking or behaviour that are causing problems. Changing how people think and behave also changes how they feel. It is a structured approach; goals are agreed for treatment with the therapist and things tried out between sessions.

**Community Psychiatric Nurse (CPN)** - A community psychiatric nurse, or CPN, is a nurse trained to work with people living in the community who experience mental distress.

**Consultant Psychiatrist** - A consultant psychiatrist is a trained mental health professional who has a medical degree and a postgraduate qualification such as membership of the Royal College of Psychiatrists (the body which oversees standards for psychiatric training in the UK) they will have specialized in the diagnosis and treatment of mental illness. This person is a doctor who is medically responsible for the care of people receiving help from mental health services.

**Complementary Therapies** - Complementary therapies are therapeutic practices or techniques, which are not currently considered an integral part of conventional medical practice. Therapies are termed as complementary when used in addition to conventional treatments or as alternatives to them.

**Core Trainee/Specialty Training Registrar** are doctors with full basic medical qualifications who are in the first stages of their specialist postgraduate training. Many will be undergoing training to become a Consultant Psychiatrist, but some Core Trainee/Specialty Training Registrar’s will be aiming for other career options such as Staff Grade posts in Psychiatry or a career as a General Practitioner (GP). They will contribute to the care of service users under the supervision of a specific consultant psychiatrist and they will be receiving a structured training programme to develop their skills in their chosen specialty.

**Counsellor** - Counsellors help people look at problems they are currently facing, such as bereavement, post-natal depression or on a decision, crisis or conflict. They encourage people to talk about the feelings they have about themselves and situation and help to find ways to tackle them.

**Counselling Psychologist** - Counselling psychologists have a masters or doctoral degree in counseling psychology and have had further training in counselling.
Crisis Resolution Team - A crisis resolution team (or CRT) aims to respond to people in crisis. The team aims to provide an assessment and treatment service, 24 hours a day, every day, wherever people are.

Early Intervention Service - Early intervention services provide treatment and support in the community to young people with psychosis and their families.

Electro Convulsive Therapy - Electro convulsive therapy (or ECT) is a medical treatment for severe mental illness in which a small, carefully controlled amount of electricity is introduced into the brain whilst under general anesthetic.

Independent Advocate - An independent advocate is an independent person you can turn to for information, advice and other help to get the treatment and support you would like.

Mental Health Act 1983 - The Mental Health Act 1983 is the main Act of Parliament setting out the circumstances under which people with mental health problems may be detained in hospital and the rights of people who are so detained.

Mental Health Act Review Tribunal - The Mental Health Act Review Tribunal is an independent panel of people that decide if a person should be subject to The Mental Health Act.

National Service Framework or NSF - A National Service Framework or NSF is a Government policy setting out core standards for services.

Occupational Therapist (OT) - An occupational therapist is a trained health professional that works with people of all ages with mental health and physical problems. They use purposeful activities to help people to live their lives to their full potential.

Psychiatric Intensive Care Unit - A Psychiatric Intensive Care Unit or PICU is a locked ward in a hospital where some people detained under the Mental Health Act may stay.

Psychologist - Psychologists study the science of human behaviour at university. See also clinical psychologist and counselling psychologists.
Psychotherapy - Psychotherapy aims to help a person overcome a period of distress. A qualified therapist will spend time helping the person to analyse his or her past experiences to understand what may be the cause of their current feelings of unhappiness and distress.

Psychosocial Interventions - A wide range of problem centred activities undertaken by individuals and mental health services involving the user and their family/carers, with the aim to improve the quality of life for people with severe mental illness.

RMO – Registered Medical Officer - RMO is the Responsible Medical Officer is usually a Consultant Psychiatrist in charge of service users under the Mental Health Act.

Specialty Training Registrar - Specialty Training Registrars are doctors with full basic medical qualifications who are undergoing the final stages of their postgraduate training just prior to becoming a Consultant. In psychiatry they will have gained a postgraduate qualification such as membership of the Royal College of Psychiatrists (the body which oversees standards for psychiatric training in the UK) and they will already have had at least two years of training in specialist psychiatric jobs. They are therefore very experienced practitioners. They will have a wide range of skills and will contribute to the care of service users under the supervision of a specific consultant psychiatrist.

Talking Therapies - Talking therapies involve talking and listening. There are many kinds of talking therapy, with a lot of overlap between them. Therapists have different types of training, so their approach and way of working will vary. Research has shown that how you get on with the individual therapist is more important than the type of therapy. Some therapist will aim to find the root cause of the problem and help to deal with this, some will help to change behaviour or negative thoughts, others aim to offer support.