

Cluster 1 – Common Mental Health Problems (mild)

Experience:

You have recently sought help for the first time. You have experienced depression and/or anxiety. This may cause distraction or minor disruption to you as you go about your daily business.

Diagnostic terms:

You are unlikely to have a diagnosis from your clinician as a member of this cluster.

Support from us:

With your current experiences you may not need specific interventions from a clinician. You will be supported in accessing self-help material. You are likely to make a good recovery over the next few months.

Cluster 2 – Common Mental Health Problems (Mild)

Experience:

You have received some support for your problems at some point in the past; and continue to experience depression and/or anxiety. This may cause distraction or disruption to you as you go about your daily business. Your symptoms may previously have been more severe.

Diagnostic terms:

You will not necessarily have a diagnosis unless your symptoms were previously more severe. Some of the terms you may recognize are;

Depression

Neurotic

Anxiety disorder

Stress reaction disorder

Eating disorder

Personality disorder

Dissociative disorder (feelings of detachment)

Somatoform (mental health problems that may affect physical health)

Obsessive compulsive (ritualistic)

Your doctor/care worker will have explained in more detail any diagnoses if they are made

Support from us:

With your current experiences you will be encouraged to access recovery based self-help material; you may attend cluster therapy / workshops and receive some short-term counseling. You are likely to make a good recovery over the next few months.

Cluster 3 – Common Mental Health Problems (Causing some disruption to everyday life)

Experience:

You may be experiencing depression and/or anxiety. This may cause you to feel hopeless about the future or feel that life may not be worth living but you have no intention to act on these feelings. You may also have experienced some of the following:

- Emotional difficulties
- Problems eating
- Trouble sleeping
- Ritualistic behavior
- Irrational fears and/or doubts
- Aches and pains or other physical symptoms

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

Depression

Neurotic

Anxiety disorder

Stress reaction disorder

Eating disorder

Personality disorder

Dissociative disorder (feelings of detachment)

Somatoform (mental health problems that may affect physical health)

Obsessive compulsive (ritualistic)

Your doctor/care worker will have explained in more detail any diagnoses if they are made.

Support from us:

You will receive some support in the form of psychological/talking therapies. You may also receive help from other services in your area. You are likely to make a good recovery over the next few months.

Cluster 4 – Common Mental Health Problems (Causing moderate disruption to everyday life)

Experience:

You may be experiencing depression and/or anxiety. This may cause you to feel hopeless about the future or feel that life is not worth living. At times you may have had difficulty in controlling your urge to harm yourself. You are likely to have experienced some of the following;

- Emotional difficulties
- Problems eating
- Trouble sleeping
- Ritualistic behavior
- Irrational fears and/or doubts
- Aches and pains or other physical symptoms

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

Depression

Neurotic

Anxiety disorder

Stress reaction disorder

Eating disorder

Personality disorder

Dissociative disorder (feelings of detachment)

Somatoform (mental health problems that may affect physical health)

Obsessive compulsive (ritualistic)

Your doctor/care worker will have explained in more detail any diagnoses if they are made .

Support from us:

You are likely to receive support from your local Community Mental Health Team who will provide specialist psychological, nursing, and occupational therapy assessments and/or interventions. You may also receive help from other services in your area. You are likely to make a good recovery over the next few months.

Cluster 5 – Common Mental Health Problems (Causing severe disruption to your day to day living)

Experience:

You may be experiencing depression and/or anxiety. This will at times cause you to feel hopeless about the future or feel that life may not be worth living. At times you may have had difficulty in controlling your urge to harm yourself and this may concern those around you. You are likely to have experienced some of the following;

Emotional difficulties Problems eating
Trouble sleeping Ritualistic behavior
Irrational fears and/or doubts
Aches and pains or other physical symptoms

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

Depression Neurotic
Anxiety disorder Stress reaction disorder
Eating disorder Personality disorder
Dissociative disorder (feelings of detachment)
Somatoform (mental health problems that may affect physical health)
Obsessive compulsive (ritualistic)

Your doctor/care worker will have explained in more detail any diagnoses if they are made.

Support from us:

You will receive support from your local Community Mental Health Team who will provide a care coordinator. You will receive specialist psychological, nursing, and occupational therapy assessments and/or interventions. At times you may also receive care from other specialist teams. Your recovery will take time and you may have access to support for as long as it is needed.

Cluster 6 – Enduring Common Mental Health Problems (high symptoms that have an impact on day to day living)

Experience:

You may be experiencing depression and/or anxiety which cause emotional difficulties. You may have some fixed beliefs and at times feel hopeless. You may sometimes engage in activities that put you at risk of harm. You are likely to have experienced some of the following;

Emotional difficulties Problems eating
Trouble sleeping Ritualistic behavior
Irrational fears and/or doubts
Aches and pains or other physical symptoms

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

Depression Neurotic
Anxiety disorder Stress reaction disorder
Eating disorder Personality disorder
Dissociative disorder (feelings of detachment)
Somatoform (mental health problems that may affect physical health)
Obsessive compulsive (ritualistic)

Your doctor/care worker will have explained in more detail any diagnoses if they are made.

Support from us:

You will receive support from your local Community Mental Health Team who may provide a care coordinator. Interventions from a range of disciplines will be available, such as specialist psychological, nursing, and occupational therapy treatments. At times you may also receive care from other specialist teams. Your recovery will take time and you may have access to support for as long as it is needed. You will be involved in the planning of your care as will your friends and family should you wish.

Cluster 7 – Enduring Common Mental Health Problems (low symptoms and high disability/impact on day to day living)

Experience:

You will have received support for several years. You sometimes still experience depression and/or anxiety. At times you to feel hopeless about the future or feel that life is not worth living. Occasionally you may have had difficulty in controlling your urge to harm yourself. You are likely to have experienced some of the following;

Emotional difficulties Problems eating

Trouble sleeping Ritualistic behavior

Irrational fears and/or doubts

Aches and pains or other physical symptoms

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

Depression

Neurotic

Anxiety disorder

Stress reaction disorder

Eating disorder

Personality disorder

Dissociative disorder (feelings of detachment)

Somatoform (mental health problems that may affect physical health)

Obsessive compulsive (ritualistic)

Your doctor/care worker will have explained in more detail any diagnoses if they are made.

Support from us:

You will receive support from your local Community Mental Health Team. You will generally be coping well with your symptoms. At times when they return you will receive short-term interventions. At times you may also receive care from other specialist teams. Your recovery will take time and you are likely to receive support for several years before achieving all of your recovery goals. You will be engaged in your recovery, including your care plans, goals, you will also be able to have friends and family involved in your recovery plan.

Cluster 8 – Emotional insecurity/instability and self-harm

Experience:

You may experience a wide range of symptoms which are unpredictable, and are likely to have complicated emotional and relationship issues. You find working with mental health services stressful. Sometimes you have difficulties controlling your impulse to harm yourself. These impulses can be so strong that you are at risk of causing yourself serious harm. You are likely to have experienced some of the following;

- Emotional difficulties
- Problems eating
- Trouble sleeping
- Ritualistic behavior
- Irrational fears and/or doubts
- Aches and pains or other physical symptoms

Diagnostic terms:

In this cluster you are likely to have been given a diagnosis of personality disorder or discussed this with a doctor.

Support from us:

You will receive support from your local Community Mental Health Team. Interventions from a range of disciplines will be available. At times you may also receive care from a specialist personality disorder service. Your recovery may take time and you are likely to receive support for several years before achieving all of your recovery goals. You will be involved in the planning of your care as will your friends and family should you wish.

Cluster 10 – First Episode Psychosis

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You have had some psychotic experiences e.g. hearing voices, worrying about people being against you or your thoughts being mixed up, which can be disruptive. These experiences may be recurring. People around you may think that you have changed and you might have stopped doing your usual activities or might be isolating yourself.

Diagnostic terms:

You may have been told that you have experienced a 'psychotic episode'. Some people have only one episode but if you do have more episodes you may be diagnosed with one of the following:

- Schizophrenia
- Bipolar disorder
- Manic episode
- Severe depression with psychosis
- Schizoaffective

Support from us:

Your support from our services will be coordinated by a single clinician; access to early intervention services is likely. Your recovery may take time and you are likely to receive intensive support to manage any disturbing experiences which may take several weeks. Psychosis varies and you may recover quite quickly, others may take longer. You may receive additional support to work towards full recovery for several months.

Cluster 11 – History of Psychosis (controlled – minimal day to day disruption)

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You have previously experienced some psychotic experiences e.g. hearing voices, worrying about people being against you or your thoughts being mixed up. You are no longer troubled by these symptoms. You require ongoing medication to manage your symptoms. You understand your condition well and inform services if there are any significant changes.

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

- Schizophrenia
- Bipolar disorder
- Manic episode
- Severe depression with psychosis
- Schizoaffective

Support from us:

You will be receiving medication and regular reviews, and may receive some support to help you with your goals. You may be assessed to see if your needs would be better managed in primary care (by your GP).

Cluster 12 – History of Psychosis (unmet recovery goals – disruption to day to day living)

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You have previously experienced some psychotic experiences e.g. hearing voices, worrying about people being against you or your thoughts being mixed up. These types of symptoms may still be present but you are not compelled to act on them. You may still have some difficulty in fulfilling roles and expectations personally and socially.

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

- Schizophrenia
- Bipolar disorder
- Manic episode
- Severe depression with psychosis
- Schizoaffective

Support from us:

You require support from our services for medication and regular reviews. You may also require help in performing everyday tasks. Your recovery may take time, but provided your symptoms remain stable there is hope that you will continue to improve.

Cluster 13 – History of Psychosis (persisting symptoms impacting on day to day living)

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You continue to experience some psychotic experiences e.g. hearing voices, worrying about people being against you or your thoughts being mixed up. This disrupts your day-to-day living and you struggle to manage your needs. You may sometimes have impulses to harm yourself.

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

- Schizophrenia
- Bipolar disorder
- Manic episode
- Severe depression with psychosis
- Schizoaffective

Support from us:

You require intense support from our services and may be provided with a care coordinator. You will receive medication as well as psychological and social interventions (talking therapies). You are likely to require support on an ongoing basis, it is often expected that your symptoms become less disabling in the future.

Cluster 14 – Crisis (due to a psychotic episode that has a major impact on day to day living)

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You are experiencing a sudden and severe onset of psychotic symptoms e.g. hearing voices, worrying about people being against you or your thoughts being mixed up. You will be severely distressed and restless. You are at risk of harming yourself and/or others.

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

- Schizophrenia
- Bipolar disorder
- Manic episode
- Severe depression with psychosis
- Schizoaffective

Support from us:

You will probably require specialist and intense support from inpatient or home treatment services. Your short-term needs will be treated as a priority, after which you can expect on-going support from community services to support your recovery.

Cluster 15 – Crisis (psychosis) with severe depression

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You are experiencing a sudden and severe onset of psychotic symptoms e.g. hearing voices, worrying about people being against you or your thoughts being mixed up. You will be restless and very severely emotionally distressed. You are at high risk of seriously harming yourself and in the short-term require active intervention in your mental health.

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

- Schizophrenia
- Bipolar disorder
- Severe depression with psychosis
- Schizoaffective

Support from us:

You will require intense support from inpatient or home treatment services. Your short-term needs will be treated as a priority, after which you can expect on-going support from community services to support your recovery.

Cluster 16 – Psychosis and Addiction

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You have an alcohol and/or drug addiction and may experience some psychotic experiences e.g. hearing voices, worrying about people being against you or your thoughts being mixed up. At times you may have had difficulty in controlling your urge to harm yourself. You may struggle with everyday activities.

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

- Addiction
- Schizophrenia
- Bipolar disorder
- Manic episode
- Severe depression with psychosis
- Schizoaffective

Support from us:

Our trust will work with specialist addiction services to ensure that all of your needs are met. As your dependency issues are addressed you will continue to receive support from services.

Cluster 17 – Psychosis requiring active engagement and further support

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You continue to experience some psychotic symptoms e.g. hearing voices, worrying about people being against you or your thoughts being mixed up. At times you may have had difficulty in controlling your urge to harm yourself. Your ability to perform everyday tasks is severely impaired. You find the support offered by our services to be intrusive and unwanted.

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

- Schizophrenia
- Bipolar disorder
- Manic episode
- Severe depression with psychosis
- Schizoaffective

Support from us:

You will receive intensive support which will include many home visits to support you in everyday activities. Interventions will include medication and psychosocial support. There is expectation that interventions will improve your wellbeing and that you may be able to function more independently.

Cluster 18 – Mild memory problems

Experience:

You or those around you are becoming concerned that you are increasingly forgetful; this can cause frustration but is not limiting your day to day living. You have been living with this for some time and even been given a diagnosis.

Diagnostic terms:

This cluster aims to diagnose and treat early dementia; your inclusion in the cluster does not mean that you have dementia.

Support from us:

Initially detailed assessment will be carried out to determine the cause of your memory problems. If dementia is identified then medication and monitoring will be given with the offer of counseling and planning support. Dementia is a long-term condition and services will continue to support you with your condition in the way best suited to you. You will be involved in the planning of your care as will your friends and family should you wish.

Cluster 15 – Crisis (psychosis) with severe depression

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You are experiencing a sudden and severe onset of psychotic symptoms e.g. hearing voices, worrying about people being against you or your thoughts being mixed up. You will be restless and very severely emotionally distressed. You are at high risk of seriously harming yourself and in the short term require active intervention in your mental health.

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

- Schizophrenia
- Bipolar disorder
- Severe depression with psychosis
- Schizoaffective

Support from us:

You will require intense support from inpatient or home treatment services. Your short-term needs will be treated as a priority, after which you can expect on-going support from community services to support your recovery.

Cluster 16 – Psychosis and Addiction

'Psychosis' is an umbrella term for a collection of lots of symptoms.

Experience:

You have an alcohol and/or drug addiction and may experience some psychotic experiences e.g. hearing voices, worrying about people being against you or your thoughts being mixed up. At times you may have had difficulty in controlling your urge to harm yourself. You may struggle with everyday activities.

Diagnostic terms:

You may have been given a diagnosis or discussed this with a doctor, you may recognize this in the list below;

- Addiction
- Schizophrenia
- Bipolar disorder
- Manic episode
- Severe depression with psychosis
- Schizoaffective

Support from us:

Our trust will work with specialist addiction services to ensure that all of your needs are met. As your dependency issues are addressed you will continue to receive support from services.

Cluster 19 – Memory problems resulting in some disruption to day to day life

Experience:

You may be forgetful but also find it difficult at times to think clearly. These problems mean that you sometimes forget to perform basic daily activities. This may put you at risk of self-neglect or accidentally harming yourself. Your condition may be causing you to feel anxious and/or depressed.

Diagnostic terms:

This cluster usually has a diagnosis of dementia.

Support from us:

You will need support in your home, either from carers (i.e. family) or from other services. This may mean checking on you to ensure you are well, or might include support in performing your daily activities. You will be involved in the planning of your care as will your friends and family should you wish.

Cluster 20 – Memory problems resulting in major disruption to day to day living

Experience:

You are finding it difficult to concentrate or think clearly about ordinary tasks. You rely on help from others to ensure that some of your needs are met. Without help you are at risk of self-neglect or accidentally harming yourself. Your condition may be causing you to feel anxious and/or depressed.

Diagnostic terms:

This cluster usually has a diagnosis of dementia.

Support from us:

If you are still living at home you will require full time support from carers (i.e. family), alternatively you may be well supported in a residential home. Family members supporting you will be offered help.

Cluster 21 – Memory problems with significant frailty

Experience:

Your frail physical health means that you have problems looking after yourself. You also have problems with your memory and may struggle to think clearly. You are reliant on others to ensure some of your basic needs are met. Your condition may be causing you to feel anxious and/or depressed.

Diagnostic terms:

This cluster usually has a diagnosis of dementia.

Support from us:

You will receive residential care to ensure all of your needs are met.