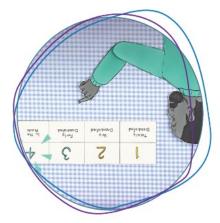
Your substance/alcohol use :noddns need to focus on for improvements and where health and social care services Your finances indicator of patient satisfaction levels, This information also gives a powerful Your mental health meetings with their journey of recovery. their care and supports moving forward service users to take greater control of Your practical help personalised conversations supporting DIALOG+ enables proactive, DIALOG+? Your medication What are the benefits of Your personal safety help you on your road to recovery. us and others may be able to work on, to Your friendships We will try to find some actions that you, goals we can put in place to support you. way you do and what realistic achievable Your partner and family three areas to understand why you feel the We will talk through each of your selected smaller, achievable goals. Your leisure activities that we could work together towards It may be best to focus on three areas so Your accommodation appointment. would like to focus on during your Now think about which three areas you Your job situation honest as you can. Your physical health are no wrong answers so just try to be as DIALOG+ is a personal measure. There provided. Your mental health totally satisfied. Put a number in the boxes being totally dissatisfied and seven being matches how you feel today, with one Choose a number from 1 to 7 that best

What is DIALOG+?

DIALOG+ is a set of 13 questions where service users are asked to rate their satisfaction and needs for care across different parts of their life and treatment. It helps to guide a structured conversation between a health professional and service user that is patient centred with a focus on change.



You will be asked the three key questions below, but not every time you have an appointment. It helps to be clear with your worker about the important things in your future, and the skills and strengths that will help you get there.

- What recovery means to you?
- Your long-term goals and what you want to achieve in the next year.

 What matters to you? Things that are
- important in your life and help your recovery.

 What skills, strengths and experiappeas will support you achieve your
- goals?

 what skills, strengths and experi-

Perhaps you would like to make some notes about the three areas you want to discuss during your appointment.	

Other important information that may help you or someone you know

In Barnet Enfield and Haringey,

If you're experiencing a mental health crisis. You can call **0800 151 0023** to get help or advice in a crisis from our trained mental health advisors and clinicians, 24 hours a day, 7 days a week, 365 days a year.

In Camden and Islington,

Urgent mental health support is available via the Crisis Single Point of access hotline on Freephone 0800 917 3333. This number is available 24 hours a day, 7 days a week.

If you're receiving support from a mental health team, please contact them first, between 9am and 5pm.

For emergencies, please go to your nearest accident and emergency department.

For non-emergencies, please call the NHS non-emergency line on **111** from any telephone.

If you are not under the care of mental health services, please call Samaritans on **116 123** from any telephone.

Feedback

Your feedback is really important to us. Please let us know what you think about DIALOG+ by filling in a short and simple survey. Either scan the QR code to the right, or visit https://tinyurl.com/25jv3n8m









My DIALOG+ Patient Led Outcomes

Your Name:

You may want to let your clinician know how you would like to be addressed, including your pronouns, for example, he/ him, she/her, they/them etc.

Name of your mental health professional:

Your CPA Care plan is being replaced. This leaflet will aim to explain our new care planning tool, which is called DIALOG+.