Care Programme Approach (CPA)
A shared journey to recovery
‘Recovery’ can mean different things for different people. For many it is a personal experience, as they accept and overcome the challenge of mental health problems.

Your journey to recovery is unique to you. Many people who have faced the challenges of living with mental health problems have described what has helped and what has been important in assisting their recovery.

‘Recovery’ is the process of rebuilding your life, which may include living with and beyond your symptoms. It is not about the end product but is a continuing, shared journey.

‘Hope’ is central to recovery

Believing in yourself and believing that you can live a meaningful and satisfying life is important. It is equally important that those around you – friends, relatives, support staff and others – also recognise your strengths and goals. There will be times when you might struggle to believe in yourself, so those around you will need to support you and hold on to hope for you.
Taking back control

Recovery involves helping you feel more in control over what you do in your life, feeling more in control of managing your problems and deciding what help you feel you need.

Whilst there are expert professionals to support you, your contribution as an ‘expert’ in your own self-care is of huge importance to your recovery journey.

A shared journey

We are committed to working with you, to provide resources such as information, skills networks and support which will help you take back control. Having opportunities to do things that you value and that make life worthwhile are very important.

These things may be related to where you live, the relationships you want to build or how and where you want to spend your time. We recognise that talking about these things with your worker is as important as talking about your mental health problem and the treatment which will help you to manage it.

The Care Programme Approach (CPA) is one way that mental health services make sure your care and support is well organised, kept up to date and addresses your needs. It ensures everyone involved communicates with you and each other.

Your Care plan should support your recovery journey and details what will be done to help you get more out of life, have more choices, increase your independence and stay safe. Please speak with your Care Co-ordinator about any changes you would like to make to your Care Plan.
If you would like information in another language or format, please ask us.

Nëse dëshironi të merrni informacion në një gjuhë apo format tjëtër, ju lutemi na pyesni.

إذا أردت المعلومات بلغة أخرى أو بطريقة أخرى، نرجو أن تطلب ذلك منا.

بإذ آپ نیں اطلاعات را به زبانی دیگر یا در فرمتی دیگر میخواهید لطفا از ما درخواست کنید.

هیگه‌ره زانیاریت به زمانیکی که یا به فوآزمیکی که دهوا تکایه داوامان لی بکه

Jeżeli chcieliby Państwo uzyskać informacje w innym języku lub w innym formacie, prosimy dać nam znać.

Se desea obtener información noutro idioma ou formato, diga-nos.

Haddii aad rabtid in warag lagigu sidii hab luuqadeed o kale, fadlan na soo waydiiso.

Póngase en contacto con nosotros si desea recibir información en otro idioma o formato.