Leaflet designed by Lincolnshire Partnership NHS Foundation Trust

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Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible.

Safeguarding is everyone’s business. To get help for someone at risk of abuse or harm, contact the Lincolnshire safeguarding unit:
For children, tel: 01522 782 111
For adults, tel: 01522 782155

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Fast Track: a guide for service users

Becoming well again, reaching and sustaining recovery are important aims that we will work with you to achieve.

Discharge from the support of the mental health team can be a challenging time especially if you have had support for a long period of time.

However it can also be a liberating experience as it is an opportunity to move on to often new and exciting experiences such as training or employment.

What is Fast Track?

Fast Track is a way of supporting you to gain confidence as you become independent. It provides a safety net if you feel that you need a little more support in the first few months following discharge.

Fast track is a process that comes into play at the point you are discharged from your mental health team.

How does it work?

The process allows you to contact your team directly for up to three years from the original point of the referral and acceptance to the service if you are experiencing problems with your mental health (rather than being re-referred by your GP to get this access).

Fast Track is not an alternative means of being re-referred to a team and does not necessarily mean that another period of care will begin. We will work with you to help you regain your independence and recovery.

We record the fact that you are on Fast Track so any other service you contact will be aware and will help us respond to any future support you might need.

“Gain confidence; gain independence”

Please remember that Fast Track is not a crisis intervention. If you need emergency psychiatric help go to your nearest A&E department or contact your local crisis team, as agreed in your wellbeing plan.

If you become ill again after your Fast Track has ended your GP can, of course, refer you back to mental health services.

What do I need to do to use Fast Track?

• You will need to telephone the team who previously supported you. You will find the number on your wellbeing plan and you could add it to this leaflet if you wanted.

• You will be telephoned by a member of the team within 24 hours, and if required, seen in person within 48 hours. Where possible this will be your previous care coordinator, otherwise another member of the same team will contact you.

• The person who contacts you will help you by re-assessing your needs and discussing the support and options available to you depending on your circumstances. For many people telephone support or a one-off visit is enough to enable them to continue to remain well in the community.

Once you have recovered from this episode, you can remain on Fast Track for the remainder of the period.