

# Leaflet 27

## Community mental health teams

Most areas have a community mental health team.

The community mental health team is also called a CMHT.



The CMHT helps people who have mental health problems.



Lots of professionals work in CMHTs, like:

- community psychiatric nurses – also called CPNs
- occupational therapists – also called OTs
- psychiatrists
- psychologists
- social workers.



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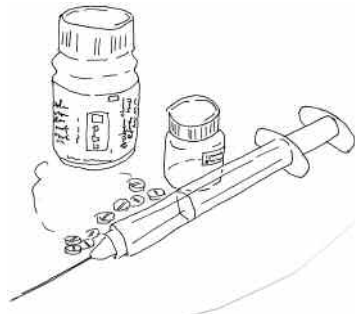
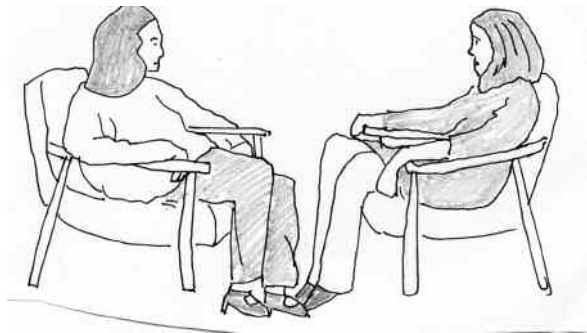
The CMHT will find out what is wrong with the person.



The CMHT will help the person get better.

The CMHT can help the person by:

- talking to the person about their problems



- giving the person medication
- helping the person get the right benefits
- helping the person become more independent.