



Together Wellbeing Pathway



How can the Together Wellbeing Pathway (TWP) help you?

Are you a male and over 18 years old?

Are you based in London and screened into the OPD Pathway?

Our Together Wellbeing Pathway team are here to help by offering emotional, practical and peer support.

Here are some examples of what we can support you with:

- Increase and sustain your engagement with support networks.
- Build stronger relationships (e.g. family, friends, community-based groups)
- Support with practical issues (including benefits and accommodation)
- Support accessing services (including substance misuse, health, education, and employment)
- Building self-esteem and empowerment
- Emotional Support
- Accessing services in the community
- Planning and attending appointments
- Resettling in the community
- GP registration
- Help with financial budgeting
- Training and employment

Our service is optional; it is your choice if you would like to speak to us.

Your privacy is important to us



We will keep the things that you tell us confidential.

You will be asked by our Together worker to sign our consent form. If you give us your permission, we can speak to other professionals to make sure that you get the support you need.

The only time that we would share your information with other professionals, without your permission, is if we were concerned about your safety or the safety of others. We will make the effort to inform you of this.

Who are we?



Together for Mental Wellbeing is a national charity that works alongside people to help them improve wellbeing so that they can lead the lives they want to. Our Together Wellbeing Pathway service operates in partnership with the London OPD Pathway. We are not part of the Police, Court or the Probation Services.

Our team includes:

- **Forensic Mental Health Practitioners**, who provide specialist emotional support (e.g. mood management). Assess your needs and empower to lead on your support plan. Support you with relational and emotional needs, provide low-intensity support interventions, contribute to the prevention and management of harmful and violent behaviour, help to build self-esteem and increase motivation.
- **Community Link Workers**, who provide practical and emotional help linking you into services in your local area, support with housing and benefits applications, and accompanying you to appointments.

We are here to bridge the gap, not to replace existing support you may have. Our aim is to build on confidence and independence, giving you control of the support you receive.

Who do we support?

The service offers support to men who are screened in to the OPD pathway with a particular focus on the following protected characteristics:

- Ethnicity (i.e., those from Black, Asian and Minority Ethnicity backgrounds)
- Men aged over 18 years

The service provides emotional and practical support to men screened onto the OPD Pathway for a period up to 12-18 months (or it can be less depending on the individuals' goals)

Where is the support provided?

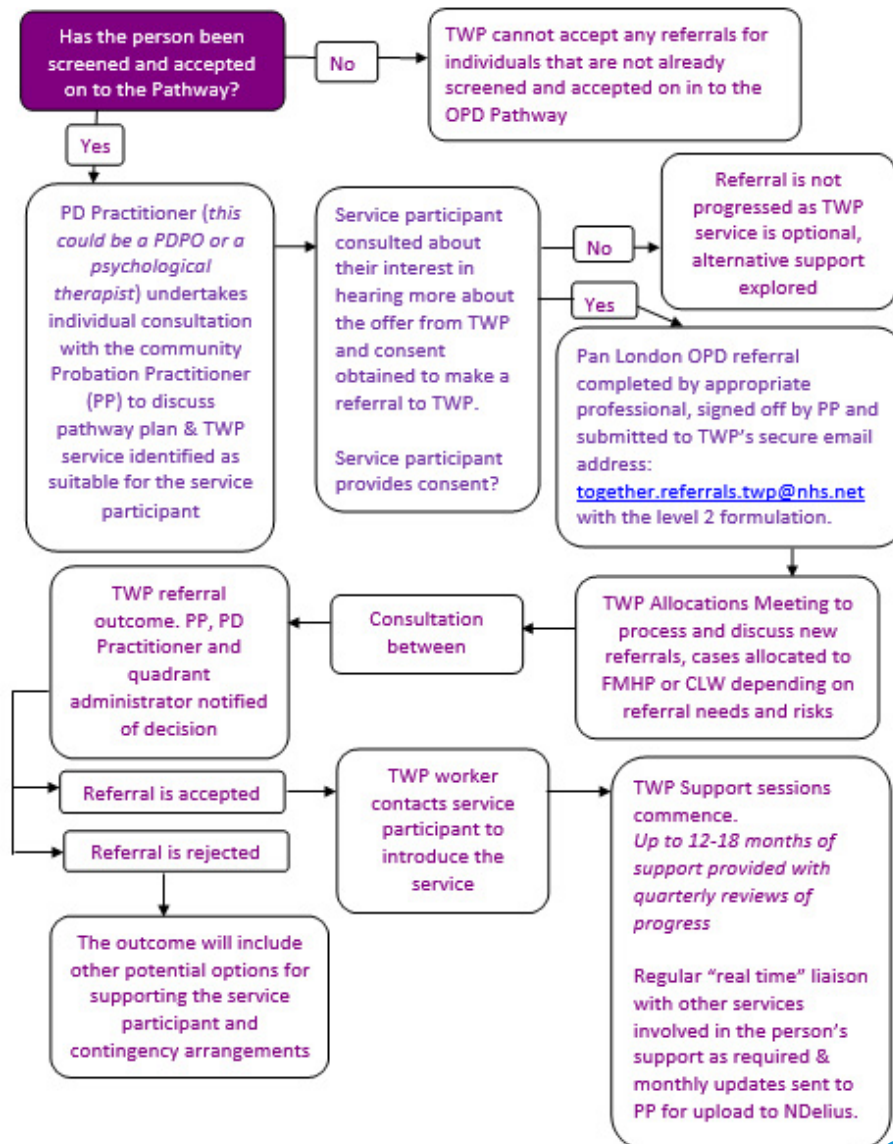
The support is provided in the community, and in secure settings including Probation offices and within prison.

We work with prisoner's pre-release which is a core component of the service.

TWP can provide in reach/through the gate support to people in prison, it is preferred that this enables a six-month contact with the service pre-release.

We are a voluntary service, accessing our service is optional.

Together Wellbeing Pathway Referral Flowchart



How to refer to the Together Wellbeing Pathway

All referrals need to be sent by the person's Probation Practitioner to: together.referrals.twp@nhs.net

To send a referral, please:

- Complete the OPD PAN London referral form
- Attach a Level 2 or 3 Formulation (please note pro-forma is available)
- Ideally a consent form would also be included
- Make a note of your availability for a case consultation to follow
- We no longer require the OASys reports, but all risk information should be included in the referral form.

Who can refer to the Together Wellbeing Pathway?

- Probation Practitioner through case consultation, formulation and sentence planning arrangements
- Prison Offender Managers
- Wing officers in OPD professionals including: Psychology/healthcare staff, PIPE, I&I team (currently establishing referral pathway)

Probation Practitioners must be aware of and support the referral, they need to sign the pan London referral form to ensure it is consistent with the individual's pathway plan.

Ensure that the individual has already been identified for the OPD Pathway.



About Together for Mental Wellbeing

Together for Mental Wellbeing is a national charity that supports people with mental health issues to lead fulfilling and independent lives.

Founded in 1879, today we work with approximately 4,500 people every month – at around 70 locations across England. Our services include support in the community, accommodation-based support, advocacy, and criminal justice services.

We value people as experts in what works best for them, and each individual we work with influences and shapes the support they and others receive from us.

For more information, please visit www.together-uk.org

