

**P-05-736 To Make Mental Health Services More Accessible –
Correspondence from the Petitioner to the Committee, 10.05.17**

Hi,

I'm writing regarding my petition and what more comments could be added having seen that mind have not replied I would like to add that before I did receive mental health support from my local mental health centre I rang mind for help to be told there was a 12 month waiting list which I hope this information can be used which shows that more support is needed for mental health charities and waiting lists.

My key points are..

More communication via mental health professionals and gps For a gp to act upon a persons mental health and not a patient to ring mental health services I.e crisis team More 1 to 1 therapy than group work Easier access to mental health services Less waiting time to see a mental health professional Better crisis team More funding for mental health services.

More information leaflets to be given prior to seeing a gp or mental health professional And more follow ups and care plans with a patient and mental health professional.

Also pip claims should be separate for mental health and illnesses.

Also more gps could be trained regarding mental health as I find a lot of doctors do not understand mental health therefore people find it harder to turn to there gps for help.

I hope that some of these points could be taken into consideration and acted upon.

I hope that I can improve mental health services around wales as more and more people are suffering and not getting the help they need I hope with the Welsh governments support we could move forward and put more into place for the future for children and adults.

If you would like me to come down and give more evidence then I am more than happy to discuss it with the correct people.

Hope to hear from you soon.

Thank you

Laura Williams