Mental health stepped care levels of need and services

Well population

Mainly publicly available information and self-help resources.

At risk groups (early symptoms, previous illness)

Mainly self-help resources, low intensity interventions, including digital mental health.

5.8 million people (23.1% of the population)

Mild mental illness

Mix of self-help resources, including digital mental health and low intensity face-to-face services.

Psychological services for those who require them.

2.3 million people (9% of the population)

Moderate mental illness and access to psychological services

Mainly face-to-face clinical services through primary care, backed up by psychiatrists where required.

Self-help resources, clinician-assisted digital mental health services, and other low intensity services for a minority.

1.1 million people (4.6% of the populati Severe and complex mental illness

Clinical care using a combination of GP care, psychiatrists, mental health nurses, and

- » Inpatient services.
- » Pharmacotherapy.
- Psychosocial support services.

Coordinated multiagency services for those with severe and complex illness.

775,000 people (3.1% of the population)