

# Supporting patients experiencing poverty-related mental distress

**Free Joint event for primary care and community based  
professionals, in Plymouth, Torbay and the South West region**

**Tuesday 4<sup>th</sup> December**

**14:00-16:30**

**University of Plymouth, Boston Room 108 Mast House,  
Sutton Harbour, Plymouth**

*Tea & coffee from 13.45*

## **Aim:**

An interactive session to share evidence-based training materials from two in-depth research studies developed in partnership with community members to assist health professionals in providing effective support for patients experiencing poverty-related distress and mental health problems.

## **Key learning opportunities:**

- Making the most effective use of consultation time
- How to build trust with people who see themselves as undeserving
- How to create individualised bio-psycho-social assessments to complement diagnosis and inform decisions about social interventions
- How to empower individuals with social causes of low mood and anxiety who may see medication as the main answer

Supported by Health Education England, the Universities of Plymouth and Exeter have developed an educational package to support GPs and health professionals working in primary care to reshape consultation practice to more effectively support mental health care in areas of high economic deprivation.

The training materials draw on findings from two research projects involving in-depth qualitative work within low-income communities in the South West, interviews with GPs and patients, interactional analysis of GP-patient consultations and an analysis of the literature. These have enabled us to identify both problematic and supportive components within real consultation practice.

We recognise that providing good mental health care, especially in poverty-affected areas, is demanding and time consuming.

Experienced practitioners and community members have developed techniques and materials which look beyond issues of basic interaction and empathy to examine how GPs, other practitioners and patients can work more effectively together to understand and acknowledge social causes of distress, convey medication uncertainties and possible harms; provide tailored support that addresses the social difficulties faced by patients, as well as problems accessing talking therapies.

**Our team** includes experts by experience from Plymouth and Teignmouth, researchers and clinicians with extensive experience of developing primary care mental health.

### How to register:

To register and attend this free event with limited spaces (which will include reflective learning support for CPD) please contact Susanne Hughes [S.Hughes@exeter.ac.uk](mailto:S.Hughes@exeter.ac.uk) or call if you have any questions 07792256421



  
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