

CLUSTERS 1, 2 and 3

Cluster	Name of Cluster	Description of need	Likely diagnoses	Provider Lead:
1	Common Mental Health conditions (mild) Common Mental Health Problems (Low Severity)	Definite but <i>minor problems</i> of depressed mood, anxiety or other disorder. No psychotic symptoms. <i>No disruption</i> to wider functioning (activities of daily living, work, socializing, etc). Unlikely to be an issue with risk. Indicative duration of care: 8-12 weeks.	Depressive episode, phobic anxiety disorders, other anxiety disorders, obsessive compulsive disorder, stress reaction/adjustment disorder, eating disorder.	GP
2	Common Mental Health conditions (moderate) Common Mental Health Problems (Low Severity with greater need)	Definite but <i>minor problems</i> of depressed mood, anxiety or other disorder. No psychotic symptoms. <i>Minor problems</i> with everyday functioning. Risk unlikely to be an issue. May have already received care associated with cluster 1 and require more specific intervention or previously been successfully treated at a higher level but are re-presenting with low level symptoms. Indicative duration of care: 12-15 weeks		Primary Care Psychological Therapies
3	Complex mental health conditions (severe) Non-Psychotic (Moderate Severity)	<i>Moderate problems</i> involving depressed mood, anxiety or other disorder. No psychotic symptoms. <i>Moderate problems</i> with everyday functioning. Risk unlikely to be a serious issue. Indicative duration of care: 4-6 months.		
4	Complex mood and anxiety conditions Non-psychotic (severe)	Severe depression and/or anxiety <i>with increased complexity</i> of needs. <i>Significant disruption</i> in everyday functioning. Moderate risk to self through self-harm or suicidal thoughts or behaviours (for some). Individual is unlikely to improve without treatment and may deteriorate with longer term impact or functioning. Indicative duration of care: 6-12 months (with 6 month review)	As above plus: dissociative disorder, somatoform disorder, other neurotic disorders. (Locally to include bipolar disorder where mood disturbance is the main presenting feature)	KMPT (planned care)
5	Acute mood or anxiety conditions Non-psychotic Disorders (Very Severe)	<i>Severe</i> depression and/or anxiety and/or other. No distressing hallucinations or delusions. May have some <i>unreasonable beliefs</i> . May present safeguarding issues. <i>Severe disruption</i> to everyday living. Moderate or severe problems with relationships. Various problems in other areas of role functioning. <i>High risk</i> for non-accidental self-injury, other risks or safeguarding issues if responsible for young children or dependent adults. Indicative duration of care: 1-3 years (6 monthly review) (locally agreed that a daily tariff will apply)		
6	Enduring mood or anxiety conditions	<i>Moderate to very severe</i> disorders. <i>Limited treatment response</i> to date. Everyday activities and role functioning are <i>seriously affected</i> in many ways. Risk is unlikely to be a major feature. Safeguarding may be an issue.		Enduring depression, treatment resistant