So you’re on CPA
What does that mean?

CPA stands for ‘Care Programme Approach’

We will work with you to keep you safe and help you get better.

You will be asked about what you need
This might include:
- Housing
- Medicine
- People to help you
- Money
- Activities

You will have a care plan
This will say:
- Useful phone numbers
- What will happen and when
There will be meetings

People you might choose to invite to your meeting could be:

- Friend
- Family member
- Care coordinator
- Support worker
- Doctor
- Social worker

What will happen?

You will have a Care Co-ordinator

- This person should be someone you like
- They will listen to you
- They will talk to you
- They will work with you on your plan