



**south ayrshire**  
health & social care  
partnership

# Live Well: Adult Mental Health and Wellbeing Strategy 2024-2034: Glossary



# Mental health glossary

**ADHD** – Attention Deficit Hyperactive Disorder.

**ADP** – Alcohol and Drug Partnership.

**Advanced Statements** - An Advanced Statement is a written statement that outlines how you wish to be cared for and what treatment you would prefer to receive should you ever become mentally unwell.

**ANP** – Advanced Nurse Practitioners.

**Anxiety**- A range of mental and physical states, mainly arising from being consciously worried about the future, or afraid of an actual situation. It's a normal human response to lots of situations, but if it's persistent or out of proportion to the situation, it can be a symptom of poor mental health.

**ARBD** – Alcohol related brain damage.

**ASD** – Autism spectrum disorder.

**AWI** – Adults with Incapacity.

**Bipolar disorder** - A mental health condition that causes repeated, severe mood swings. At different times your mood can vary from excitement and elation (called mania) to depression and despair.

**Carer** – A carer is a person who supports someone who may need help. This can be a young or adult unpaid carer (family or friend) or a paid carer (employee). They may provide practical support such as cooking or transport, emotional supports or personal care supports.

**CBT** – Cognitive behavioural therapy, A type of talking therapy that can help to change negative patterns in how you think, feel, and behave.

**CFMHT** – Community Forensic Mental Health Team.

**CFP** – Consultant Forensic Psychiatrist.

**CHMT/E** – Community Mental Health Team / Elderly.

**CLP** – Community link practitioner.

**Collaborating** – Working jointly with people.

**Communities** – a group of people who live in the same place/region, or a group of people with shared views, or a social group with shared characteristics.

**Consultation** – engaging in work to give and receive advice from people.

**Co-occurring** - Things that occur together or simultaneously, such as a mental illness and an addiction.

**CPA** – Care Programming Approach.

**CPN** – Community psychiatric Nurse.

**CPP** – Community Planning Partnership.

**CTO** – Compulsory Treatment Order.

**DBI** – Distress brief intervention.

**Decider Skills** – Cognitive Behavioural training course.

**Depression** - A condition where you have a continuous low mood and/or a loss of interest and enjoyment in your life.

**Detention** - When someone needs to be detained and treated without their agreement under the Mental Health (care and Treatment) (Scotland) Act 2003, for mental health reasons. Usually happens in emergency situations. This use to be referred to as being sectioned.

**Diagnosis** When a doctor identifies a condition based on signs, symptoms and test results.

**EDC** – Emergency Detention Certificate.

**Episode** - A period during which someone is experiencing poor mental health. Many mental health conditions involve episodes rather than being constant.

**FCMHN** – Forensic Community Mental Health Nurse.

**GIRFAN** – Getting It Right for Ayr North.

**GIRFE** – Getting it right for Everyone.

**Interface** – a person or system that interacts with.

**IPCU** – Inpatient psychiatric care unit.

**LPP** – Locality Planning Partnerships.

**Mania** - An energetic mood of excitement and elation. It is a symptom of bipolar disorder.

**MAT 7** - medication assisted treatment.

**MDT** – Multidisciplinary Teams.

**MHO** – Mental Health Officer.

**MHP** – Mental health practitioner.

**Mindfulness** A 'mind-body' practice that helps people manage their thoughts and feelings. It focuses on paying attention to the present moment. Mindfulness forms the basis of some mental health treatments.

**NearMe** – A secure and convenient way to attend appointments anywhere with a device such as a phone and internet connection.

**NEST** - Neurodevelopmental Empowerment & Strategy Team.

**Neurodevelopmental disorders** – Neurological disorders that impact brain function and neurological development.

**Obsessive-compulsive disorder** A condition where you have obsessive thoughts or compulsive behaviours (things you feel you must do) or both.

**ORT** – Opioid replacement treatment.

**PB** – Participatory Budget, process in which citizens decide which local groups/projects should receive funds to support their initiative.

**Penumbra** – A mental health charity dedicated to supporting people with mild to serious enduring mental health.

**PLT** – Psychiatric liaison team.

**POA** – Power of Attorney.

**Postnatal depression** - A type of depression that you can develop after having a baby.

**Post-traumatic stress disorder** - A condition that affects people who have experienced or witnessed a highly traumatic or catastrophic event.

**Primary Care** - The first point of contact for patients seeking healthcare service, i.e GP's.

**Psychiatrist** A medical doctor who specialises in the diagnosis, treatment and prevention of mental health conditions.

**Psychosis** - A severe, confused mental state that may involve hallucinations, false beliefs, and difficulty thinking logically. It's often a symptom of conditions like schizophrenia.

**Qualitative** – Collecting and analysing nonnumeric data such as language.

**Quantitative** – Collecting and analysing numeric data.

**Relapse** - When a condition that appeared to have improved or gone away comes back.

**Resilience** – The ability to cope with and recover from setbacks.

**RISE** – Resilience in Stressful Events.

**RMO** – Responsible Medical Officer.

**SAHSCP/HSCP** – South Ayrshire Health and Social Care Partnership.

**SDM** – Supportive decision making.

**Seasonal affective disorder** A seasonal form of depression. This means you get symptoms at the same time every year, usually around autumn and winter.

**Secondary Care** – services that are accessed by referrals from Primary Care Services.

**Self-help** - This can be a 'light-touch' self-guided treatment prescribed by your doctor. Or it can refer to a more general self-guided approach to looking after your mental wellbeing day-to-day.

**SSRI** - Selective serotonin reuptake inhibitors (Anti-depressants).

**Stakeholders** - people/businesses that support is needed to provide mental health services.

**START** - South Ayrshire Treatment and Recovery Team.

**STDC** – Short Term Detention Certificate.

**Stress** - How you feel and respond when life puts you under a lot of pressure.

**Trauma** - An extremely upsetting, stressful or threatening situation.

**Treatment** - Something that aims to reduce or remove the symptoms of a mental health condition.

**VASA** – Voluntary Action South Ayrshire.