

Could a Personal Health Budget ...

... support your mental health recovery journey?

The Advocacy Project

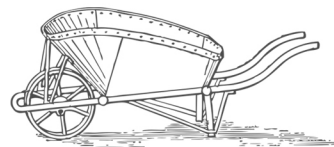


**NHS**

North East London  
Clinical Commissioning Group

## What is a Personal Health Budget (PHB)?

A PHB helps you to work towards your mental health recovery goals in a way that's personalised to you. It's a sum of money for an item or activity, planned and agreed between you and your mental health team according to what will help you to be well and stay well.



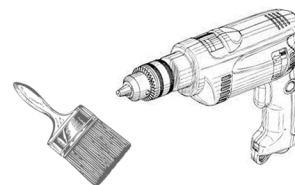
## Who can have a PHB?

Adults who live in the London boroughs of City or Hackney and receive support for a mental health condition from East London NHS Foundation Trust (ELFT).



## How can I ask for a PHB?

Call your ELFT mental health team and ask to talk to someone about having a PHB. A clinician will work with you to plan your recovery goals and talk through what help you need to achieve them.



Sim used a PHB to learn a new skill.  
***“It gave me confidence at a time when I was especially vulnerable”***

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