

## My Personal Health Budget (PHB) plan

This plan includes the details of your Personal Health Budget (PHB) request. If you would like to understand more about PHBs and the process, please talk to your mental health team or you can contact a PHB advisor (see next page for contact details).

I **completed my PHB plan with** \_\_\_\_\_ **on** \_\_\_\_\_

**I agree to relevant information about my PHB being shared with The Advocacy Project, who will be processing my PHB request.**

Please see the 'PHB information sharing and data collection advice sheet' for more information.

### My mental health recovery goal

### My Personal Health Budget (PHB)

Item/service being purchased	Provider	Cost	Frequency	How the item(s)/ service(s) support my recovery goal
<b>Total PHB cost</b>		<b>£</b>		

**This is your PHB plan so you should have access to your own copy.**

You can access all information about your PHB, including your PHB plan, on Patients Know Best (PKB), through the NHS App or by registering with PKB. You can find out more about how North East London is using PKB to help people see health information safely [here](#).

**I would like my practitioner to (please tick all that apply):**

- Show me how I can access my plan on Patients Know Best (PKB) through the NHS App
- Email a copy of my plan to
- Give me a printed copy of my plan

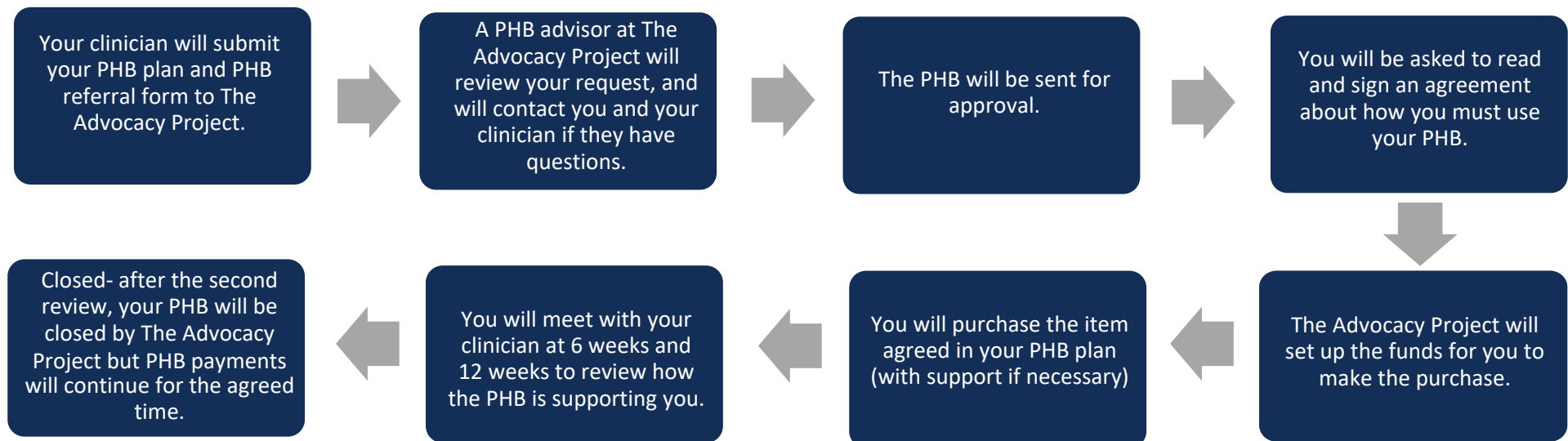
## What is a Personal Health Budget (PHB)?

A PHB helps you to work towards your mental health recovery goals in a way that is personalised to you. It's a sum of money for an item or service, 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 City or Hackney, Tower Hamlets and Newham who are receiving support from East London Foundation Trust (ELFT) for their mental health.

## What to expect next?



## Questions

If you have questions about PHBs, you can talk to your mental health team. Or you can speak to a PHB advisor at The Advocacy Project on 0208 106 1488 (Mon - Fri, 9.00am - 5.00pm) or at [PHB@advocacyproject.org.uk](mailto:PHB@advocacyproject.org.uk).