

the 1990s, the number of people with a mental health problem has increased by 50% (Mental Health Foundation 2000).

There is a growing awareness of the need to address the needs of people with mental health problems in the community. The Department of Health (2000) has set out a vision for the future of mental health services, which includes a focus on preventing mental health problems and promoting recovery.

The aim of this paper is to explore the experiences of people with mental health problems who are involved in community mental health teams (CMHTs).

The paper is structured as follows. First, we provide a brief overview of the current state of mental health services in the UK. Then, we describe the aims and objectives of the study. Next, we present the findings of the study. Finally, we discuss the implications of the findings for practice and policy.

## Background

The number of people with a mental health problem in the UK has increased steadily over the past 20 years. In 1990, there were 1.2 million people with a mental health problem in the UK. By 2000, this number had increased to 1.8 million (Mental Health Foundation 2000).

The increase in the number of people with a mental health problem has led to a corresponding increase in the demand for mental health services. In 1990, there were 10,000 mental health professionals in the UK. By 2000, this number had increased to 15,000 (Mental Health Foundation 2000).

Despite the increase in the number of mental health professionals, the demand for services continues to grow. This is due to a number of factors, including the increasing prevalence of mental health problems, the increasing complexity of mental health problems, and the increasing need for community-based services.

Community mental health teams (CMHTs) are a type of mental health service that provides a range of services to people with mental health problems in the community. CMHTs typically provide a range of services, including assessment, diagnosis, treatment, and support.

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