

Crisis After Release? Then Look No Further!



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Introduction

Prison sentences can vary in length, some short and some longer but what is common about them all is the lack of contact with the community. This means that whilst our service users are serving their sentences the world on the outside is constantly evolving. Services are changing daily in what they provide, which Mental Health Trust they belong to, and who they can or will cater for. These constant changes make it more difficult for service users to navigate making it hard for them to know what's available to them when in need of help or support.

Methods

The crisis database was created by collating relevant information; including the number for the mental health crisis line, the nearest emergency department, as well as contact details for other charities and organisations for each borough in London that may be able to provide support. The counties surrounding London were also included. This information was gathered from the NHS website, Mental Health Trust websites and websites of charities and other third sector organisations. The database has been printed into a booklet that can be given to service users at the point of release from prison.

Results

When presented to colleagues working in prisons, the crisis database received very positive feedback. It has been agreed to utilise it as a resource to be shared with prisoners upon release. Copies will also be shared with prison reception staff, visitors and other agencies within the prison.

Discussion

The aim of creating the crisis database was to provide recently released prisoners with a one-stop shop full of contact numbers and addresses of services they can access if they find themselves in mental health crisis once back in the community. It is well recognised that prisoners struggle to settle back into the community and feel isolated when released, with no support or idea of where to turn to when experiencing a mental health crisis. Therefore, the idea is that having a resource like the crisis database will allow service users to access acute mental health support when needed with the overall aim of averting further deteriorations or leading to re-offending.

Conclusion

The crisis database is a very good resource which allows prisoners to obtain emergency contact details when in mental health crisis easily and quickly. It is easily editable to ensure that it stays up to date and relevant for when service users need it most. We are also exploring other formats for reproduction; including electronic versions and small key fob sized cards as shown below.

Oxleas NHS
Help in a crisis

Your first step if you live in:
Barking & Dagenham

Go to your nearest A&E: King George Hospital
Call your Mental Health Crisis Line: **0800 995 1000**
Your Mental Health Trust is: **North East London NHS**

Further support

CBHTT: 020 8702 4040 (redirects to crisis line)
Barnet Wellbeing Services: 03333 449088 (Mon-Fri 9am-5pm)
info@barnetwellbeing.org.uk
Sanctuary Barnet (Crisis Cafe): 020 8943 5704
or SanctuaryBarnet@minddeb.org.uk
(Mon-Fri 4.30pm-10.30pm, Sat-Sun 12pm-6pm)

Other support in a crisis...

Alcoholics Anonymous Phone	0800 917 7650 (24-hour helpline)	No Panic Phone	0844 967 4848 (daily, 10am to 10pm)
Anxiety UK Phone	03444 775 774	ODD Action Phone	0845 390 6232
British UK Phone	0333 323 3880	ODD UK Phone	0333 272 7890
Care Confidential	0800 028 2228 (Pregnancy/abortion)	Parentline	0808 1867 272 (Day and Evening Counselling)
CRAM Helpline	800 77 6000	PAPRIC Phone	0203 000 0000 (084 414)
Helpline	0800 048 41 41 or text 07860099967	Rape Crisis Phone	0808 803 9999
or go to: www.rape.org.uk (Mon-Fri 10am to 10pm, Weekends 9pm to 5pm)		Reliance Phone	0800 2002 247 (24-hour helpline)
LSB and Hate Crime Helpline	020 7304 2040 or hatecrime@galop.org.uk	Refuge Phone	0300 5000 927
Majesty Angles Centre	020 7261 7070 or mayjesty@mayjesty.org.uk	Shelter	0800 800 4444
Men's Health Forum: 24/7 crisis support for men by text, chat, and email		The Listening Place	020 3906 7676
Mind Phone	0300 123 3393	Truist Support Phone	0808 186 9111 (24-hour helpline)
Narcotics Anonymous Phone	0300 999 1212 (daily, 10 am to midnight)	YoungMinds Phone: Parents' helpline	0800 802 5544 (Monday to Friday, 9.30 am to 4 pm)
National Domestic Abuse Helpline	0808 2000 444		
National Gambling Helpline Phone	0808 8000 133 (daily, 8 am to midnight)		
National LGBT & Domestic Abuse Helpline	0800 999 5423 or help@galop.org.uk		