Add any logos or pictures as desired

# ‘Insert team name’

Patient Information Leaflet

# Introduction

We hope that this will provide helpful information about our Team. If you are unsure about anything please ask any member of the Team.

# What is the ‘insert team name’?

We are a team of mental health professionals who have specific expertise in helping people who harm themselves or who may have mental health problems which can cause complications for their physical healthcare and general hospital discharge.

The team consists of nurses and doctors who look after the mental health of patients in:

* Name of hospital (s)

# Who is it for? (please amend below as per your team)

* Men and women over the age of 16 years who self harm
* Men and women over the age of 16 years who are experiencing mental health problems (including dementia and/or memory problems) and mental health problems brought about by physical ill health (such as acute confusion).

# What happens if you are referred to our service?

If you have been seen at ‘name of Hospital’ as a result of self harm, then the staff will have given you this leaflet to take home with you.

An initial assessment will be arranged with our team by the hospital staff.

Appointments will generally take place at ‘insert location if relevant’. If this is not convenient then please telephone our team to make alternative arrangements.

If you have been admitted to hospital not as a result of self harm, then the team will make contact with you on the hospital ward.

# What will happen at assessment? (please amend as appropriate)

You will have been referred to the team by a ward or department within the general hospital or by the Emergency Department.

The assessment is an opportunity to talk about your problem, to talk about how it affects your life and to begin to get help.

If you have been referred to the Team due to experiencing memory problems, we may also (with your consent) ask your family or carers for additional information and suggest that you have additional investigations, including scans. This will help us address your memory problems and offer advice for further treatment and management.

We may also need to discuss your care with social services or similar agencies, if we think there may be an issue they can help with.

A written summary of the assessment will be sent to your GP and to any professional you identify as already providing you with care or treatment. You may also request or decline a copy of that assessment for yourself.

# What happens after assessment? (please amend as appropriate)

What happens after assessment depends upon your needs. Sometimes the team will see someone for further sessions or to monitor how you are doing whilst you are still in hospital.

We offer psychological interventions, medicines, or a combination of both. We will also give advice to medical and surgical teams who are treating you and involve your family doctor whenever possible.

We can discuss any problems you may be experiencing with your family or carers, if you wish us to.

If you continue to require additional involvement of mental health services, we will refer you to these services in your area, to enable you to receive further treatment.

# Consent and confidentiality

We will usually only see you if you have given your explicit consent. Similarly, you are free to opt out of seeing us at any time. Anything you say is treated in strictest confidence and will only be shared with other members of the team and with other people involved in your health care such as your GP.

Members of the team work within Professional Codes of Conduct and follow NHS policies that ensure confidentiality is maintained at all times. The only exception to this would be if the Team believed that there was a significant risk you would seriously harm yourself or others, or information was obtained about possible harm to vulnerable people such as children.

# Interpreters

If you require an interpreter please let your referrer know so that we can arrange one for you.

# Useful Contacts

# Insert contacts here

# For further information contact:

Review date 2015

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