

**0303 123 1145**

24 hour access to mental health  
care, advice, support and  
treatment

If you are Deaf text

**07889 036 280**



## Initial Response Service

South of Tyne and Wear

providing a service to Sunderland,  
and South Tyneside



Caring | Discovering | Growing | **Together**

## What is the Initial Response Service (IRS)?

The Initial response Service provides 24 hour access to mental health care, advice, support and treatment. By calling one telephone number **0303 123 1145** a member of the team will speak to you and discuss your current mental health needs.

If you are Deaf text **07889 036 280**

## Who can use this service?

Anyone who lives in South Tyneside and Sunderland who feels they need urgent mental health care or have an enquiry about their routine care can contact the Initial Response Service.

This includes service users, carers, family, friends and supporters. People who have not been previously diagnosed with a mental health problem can self refer to the Initial Response Service. You can also be referred by your GP, social care professional or a voluntary organisation.

If you urgently need specialist advice, even if you have not been diagnosed with a mental health problem, you can still talk to a member of the team who can advise you on **0303 123 1145**

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## What kind of help can I expect?

From our conversation with you, a member of the team may arrange for a nurse to see you at home, at a GP practice or another mutually agreed place to allow us to gather further information regarding your current mental health needs and offer you some support or we may be able to offer you information about other services who may be able to help you at this time.

The Initial Response Service is made up of clinical leaders, qualified mental health clinicians and experienced support staff. The team is supported by Clinicians from specialist areas of care such as

- Children's and young peoples mental health services
- Learning disabilities services
- Older peoples services

The team recognise that some people need to be seen quickly and in these cases we will aim to provide a response within an hour. The nurse who attends will help you to work out what support you need and be able to give you advice and information. If the nurse thinks that you need extra support and help from mental health services they will be able to organise this for you.

## **What about confidentiality?**

Everyone in the Initial Response Service works to very strict rules about confidentiality. Although there may be instances where it may be necessary to share information with other professionals. If you have any concerns about confidentiality please talk to a member of staff.

We will keep a record of your contact with our service and also provide your GP with a summary of your contact with us.

## **Personal safety**

Trust staff carry devices that can monitor and record abusive behaviour. They can alert and receive support from emergency services and the recordings may be used in court proceedings.

## **Interpreters**

If an interpreter is needed, please let us know and we will arrange this for you.

## **Travel information**

Contact Traveline Tel: 0871 200 22 33

Website: [www.traveline.info/](http://www.traveline.info/)

## **What if I have a comment, suggestion, compliment or complaint about the service?**

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website [www.cntw.nhs.uk](http://www.cntw.nhs.uk) (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672

- email [complaints@cntw.nhs.uk](mailto:complaints@cntw.nhs.uk) Please note that information sent to the Trust via email is sent at your own risk
- We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.  
You can provide feedback in the following ways:
  - the quickest way for you to do this is to complete our short online survey at [www.cntw.nhs.uk/poy](http://www.cntw.nhs.uk/poy)
  - complete a Points of You survey, available from staff.

We really value your feedback to help us improve what we do. We may send you a questionnaire asking you what you thought about our service.

## How do I contact the service?

You can contact the team by telephone **0303 123 1145**

The team are available 24 hours a day, weekends and Bank Holidays for urgent referrals and Monday to Friday 9am-5pm for routine/planned care referrals.

For Deaf service users please text **07889 036 280** and a member of the team will respond as soon as possible.

## Contact details

### • Initial Response Service

Barton Centre, Hopewood Park, Ryhope, Sunderland, Tyne and Wear, SR2 0NB

Tel: **0303 123 1145**

If you are Deaf text: **07889 036 280**

### • Sunderland and South Tyneside Crisis Resolution and Home Treatment Team

Barton Centre, Hopewood Park, Ryhope, Sunderland, Tyne and Wear, SR2 0NB

Tel: **0303 123 1145** or **Freephone 0800 652 2867**

If you are Deaf text: **07889 036 280**

## Useful local contacts for Sunderland residents

- **Emergency Duty Team**

Tel: 0191 561 4342

Mon-Thurs 8.30am-4.30pm, Fri 8.30am-4pm and 24 hours at weekends

This service provides practical support regarding social care and mental health act assessments.

- **Health, Housing and Adult Services**

Tel: 0191 520 5550

Mon-Thurs, 8.30am-5.15pm, Fri 8.30am-4.45pm

First point of contact for Adult Social Services.

- **Patient Advice and Liaison Service (PALS)**

Freephone 0800 328 4397 or 0191 566 7074

Mon-Fri, 9am-5pm

PALS is a free, confidential NHS service which acts independently to provide information and advice about the NHS and help sort out any problems you may have.

- **Sunderland Carers' Centre**

Thompson Park, Thompson Road, Sunderland, SR5 1SF

Tel: 0191 549 3768 – Monday to Friday, 9am-5pm

Email: [info@sunderlandcarers.co.uk](mailto:info@sunderlandcarers.co.uk)

Website: [www.sunderlandcarers.co.uk](http://www.sunderlandcarers.co.uk)

Information, advice and support for carers.

- **Sunderland Mind**

14 Norfolk Street, Sunderland, SR1 1EA

Tel: 0191 565 7218

Email: [sunderlandmind@yahoo.co.uk](mailto:sunderlandmind@yahoo.co.uk)

Website: [www.sunderlandmind.co.uk](http://www.sunderlandmind.co.uk)

Provide information for individuals, carers and families experiencing emotional or mental health problems.

- **Washington Mind**

Grasmere Terrace, Columbia, Washington

Tel: 0191 417 8043

Email: [info@washingtonmind.org.uk](mailto:info@washingtonmind.org.uk)

Website: [www.washingtonmind.org.uk](http://www.washingtonmind.org.uk)

Provide information for individuals, carers and families experiencing emotional or mental health problems.

## Useful local contacts for Sunderland residents (continued)

### □ **Sunderland and South Tyneside – Mental Health Matters Helpline**

Tel: 0800 138 6543

Website: [www.mhm.org.uk](http://www.mhm.org.uk)

Provides 24/7 emotional support, advice and guidance to residents of Sunderland and South Tyneside who are struggling with their mental health.

## Useful local contacts for South Tyneside residents

### • **Emergency Duty Team**

Tel: 0191 456 2093

After 4pm only weekdays and 24 hours at weekends

This service provides practical support regarding social care and mental health act assessments.

### • **Adult Social Services**

Tel: 0191 424 6000

Mon-Thurs 8.30am-5pm, Fri 8.30 am-4.30pm

First point of contact for Adult Social Services.

### • **Patient Advice and Liaison Service (PALS)**

Freephone 0800 328 4397 or 0191 566 7074

Monday to Friday, 9am-5pm

PALS is a free, confidential NHS service which acts independently to provide information and advice about the NHS and help sort out any problems you may have.

### □ **Carers Association in South Tyneside**

1 Beach Road, South Shields, NE33 2QA

Tel: 0191 454 3346 – Monday to Friday, 9am-4.30pm

Email: [castmanagement@yahoo.co.uk](mailto:castmanagement@yahoo.co.uk)

Information, advice and support for carers.

### □ **Sunderland and South Tyneside – Mental Health Matters Helpline**

Tel: 0800 138 6543

Website: [www.mhm.org.uk](http://www.mhm.org.uk)

Provides 24/7 emotional support, advice and guidance to residents of Sunderland and South Tyneside who are struggling with their mental health.

## National contacts

- **MIND Infoline**

Helpline 0300 123 3393, 9am-6pm, Mon-Fri  
Can provide details of help and support in your own area.

- **No Panic**

Helpline 0300 772 9844, 10am-10pm everyday  
Helpline which helps people who suffer from panic attacks, phobia's, obsessive compulsive disorders and other related anxiety disorders.

- **The Samaritans**

Helpline 116 123, 24 hours, 365 days a year  
Provide confidential emotional support for people who are experiencing feelings of distress.

- **Saneline**

Helpline 07984 967 708, 4.30pm-10.30pm, everyday  
Helpline which provides support and information to anyone coping with mental illness.

- **Rethink's National Advice Service**

Tel: 0808 801 0525, 1pm-4pm, Monday to Friday  
Provides advice and information to people with severe mental illness, their families and carers.

## Useful Websites

- **Support Line** [www.supportline.org.uk](http://www.supportline.org.uk)

Confidential emotional advice and support to assist people during a crisis.

- **The NHS website** [www.nhs.uk](http://www.nhs.uk)

Information about conditions, treatments, local services and healthy lives.

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Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL, easy read or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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