

Gateshead Psychiatric Liaison Team

Personalised patient information

The information contained in this booklet is important – please keep it safe.

What do the Psychiatric Liaison Team do?

The Psychiatric Liaison Team provides assessment of mental health, and treatment of any mental health problems, to people attending a general hospital. Although we are employed by the mental health trust and not the general hospital, we work very closely with the general hospital team.

Who are we?

We are mental health professionals: specialist medical doctors (called 'psychiatrists'), mental health nurses, other specialist mental health professionals, and administrative staff.

We are based at: **Tranwell Unit, Queen Elizabeth Hospital, Windy Nook Road, Gateshead, Tyne and Wear, NE10 9RW**

The hospital we cover is: **The Queen Elizabeth Hospital**

We have been asked to see you by your general hospital team, who remain the team responsible for your overall care.

During our involvement you may be asked to:

- Take part in your assessment, so that we can agree with you what needs you may have and how we might help them be met.
- Give permission to us to speak to others (for example, your family).
- Give permission for us to share information with others concerned with your care.

People who know you well, such as your family, can always speak to us; we will listen to them but will not normally share any information with them about you without your consent.

Interpreters

If you require an interpreter, please let your referrer know so that one can be arranged for you.

When you are seen we will always try to do the utmost possible to respect your privacy and dignity

- You can be seen in a private area, if one is available.
- You can choose whether or not a relative, friend or advocate accompanies you.
- We will encourage you to be involved in decisions about any treatment offered.

You may be offered:

- Information and a choice of possible interventions by agencies that will be able to support any plan agreed with you.

After the assessment:

- The plan is written in this leaflet; this may be called a **care plan** when it is in your medical notes.
- Relevant information you gave to the psychiatric liaison staff will be given to the hospital team looking after you.
- You have the right to receive copies of any letters written to your GP.

How to contact us

Our postal address is:

Gateshead Psychiatric Liaison Team, Tranwell Unit, Queen Elizabeth Hospital, Windy Nook Road, Gateshead, Tyne and Wear, NE10 9RW

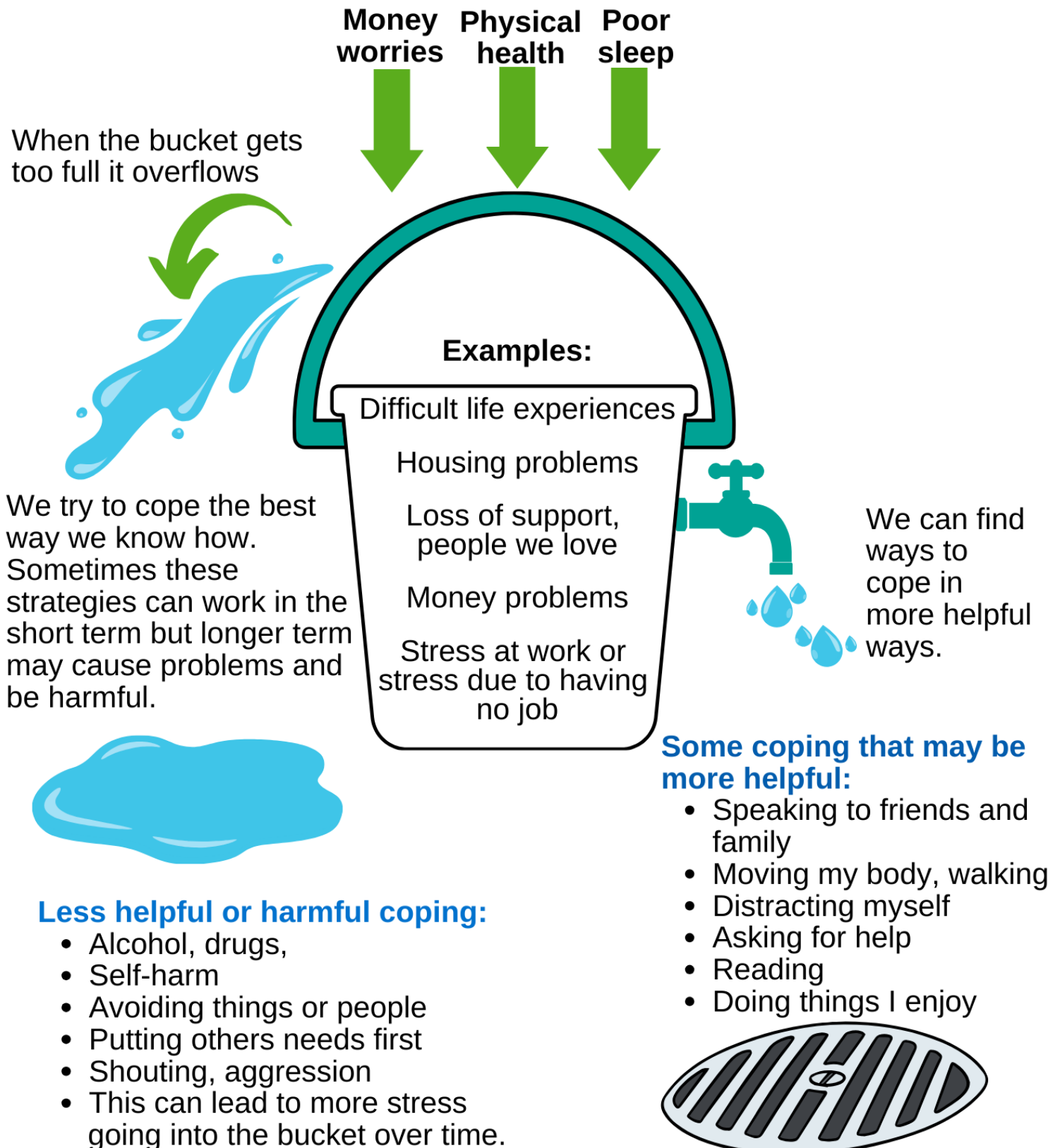
Our telephone number is:

0191 482 0000

The Stress Bucket

We use the stress bucket to explain how everyday stress can build up and up and feels too much sometimes. When we reach the limit of the bucket, stress overflows. We try and cope the best ways we know how. We know that some people have more to manage in life and their buckets can often feel very full.

Different stressors drop into the bucket like water and fills it up.



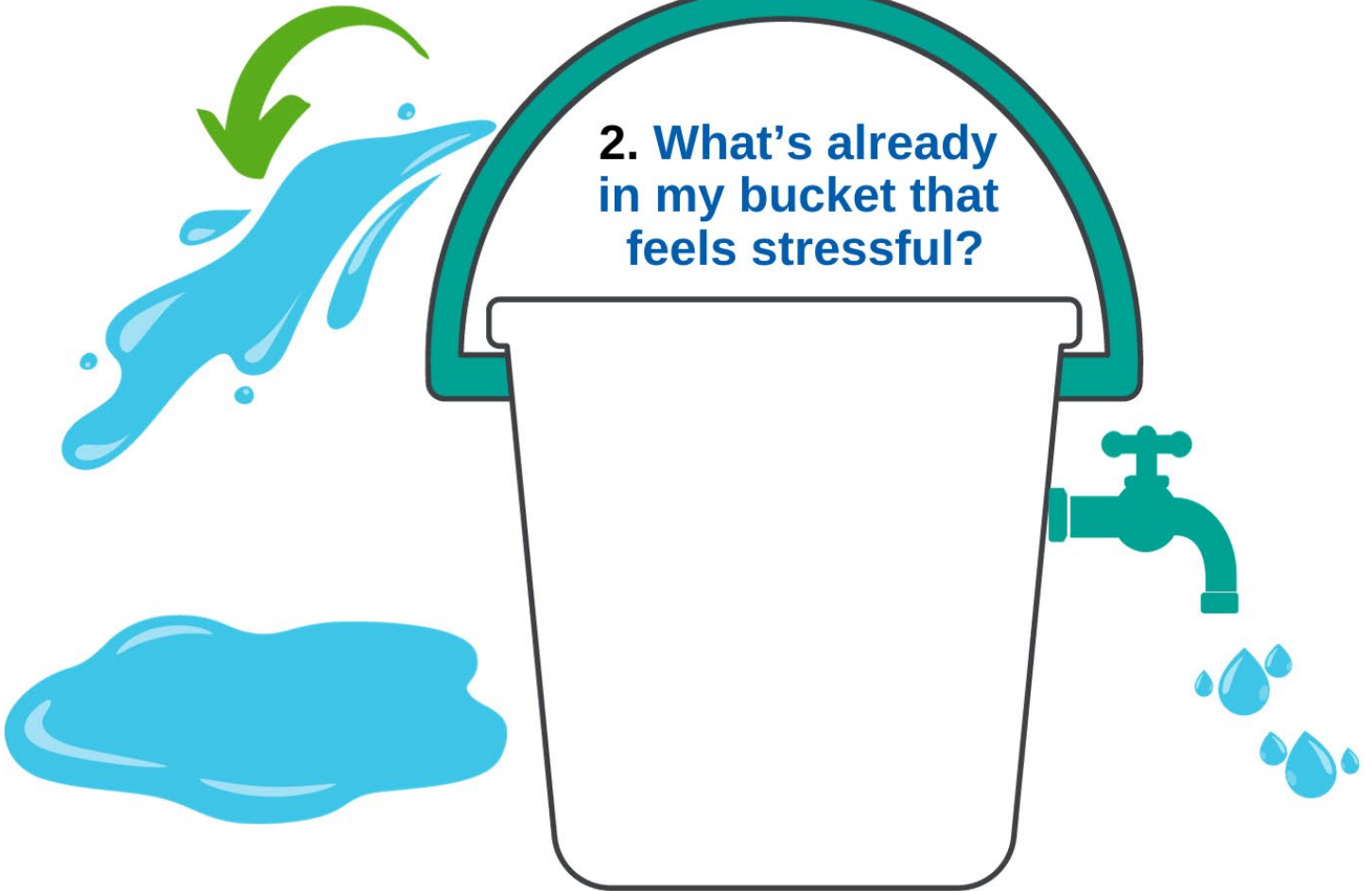
The Stress Bucket by Braddan and Turkington (2002)

My Bucket

1. What stress has been coming into my bucket in the last few days?



2. What's already in my bucket that feels stressful?



3. What are my less helpful or harmful ways of coping?

4. What ways might help me cope better with my stress?

My safety plan

Thinking about what your stressors are and how they impact you can help you make plans to keep yourself safe in the future.

What are my triggers and warning signs that my stress/
distress is overflowing?

Getting through right now.

What will help me in the next few minutes and hours?

What do I need?

Making the situation safer.

Can I make the situation safer around me e.g., not having
more medication around than I need.

What lifts my mood?

What calms me down?

What distracts me?

Who are the people that support me?

Family/Friends

Professionals

Emergency Professional support.

Your plan of care which has been agreed upon is:

Professionals who I can contact:

Your GP.....

Samaritans Tel: 116 123 (24 hours)

If you want urgent advice from a mental health professional or it is an emergency, then you can contact your local Initial Response/ Crisis Team at any time, 24 hours a day every day of the year:

- **Cumbria**
Freephone **0800 652 2865** Text number for people who are Deaf and/or have communication difficulties - **07795 656 226**
- **Newcastle and Gateshead**
Freephone **0800 652 2863** Text number for people who are Deaf and/or have communication difficulties - **07919 228 548**
- **Northumberland and North Tyneside**
Freephone **0800 652 2861** Text number for people who are Deaf and/or have communication difficulties- **07887 625 277**
- **Sunderland and South Tyneside**
Freephone **0800 652 2867** Text number for people who are Deaf and/or have communication difficulties - **07889 036 280**

Useful organisations and websites

Hub of Hope

www.chasingthestigma.co.uk

If you or a loved one is struggling with any mental health concern, contact Hub of Hope, to find the most relevant and readily available support near you, when you need it.

Shout

Shout 85258 is a 24/7 UK text messaging service for times when people feel they need immediate support. Struggling to cope?

Text SHOUT to 85258

Calm Harm App

The urge to self-harm is like a wave. Learn to ride the wave with the free Calm Harm app using these activities: Comfort, Distract, Express Yourself, Release, Random and Breathe.

Papyrus – prevention of young suicide

Freephone: 0800 0684 141 open 24/7 or text 0786 003 9967

Changing Lives

www.changing-lives.org.uk

A nationwide charity helping people facing challenging times to make positive change.

The Silver Line Helpline

www.thesilverline.org.uk

Telephone: 0800 4 70 80 90

A free confidential telephone support for older people, provided by Age UK.

If U Care Share

www.ifuchareshare.co.uk

Telephone: 0191 387 5661

Provide a range of services fundamental to our three main aims of prevention, intervention and supporting those bereaved by suicide.

Anxious Minds

www.anxiousminds.co.uk

You can drop-in anytime for a cup of coffee and a chat at our Recovery Centres and everyone who registers for Counselling gets an assessment appointment within a couple of weeks.

Recovery College Collective – ReCoCo Newcastle

www.recoverycoco.com

Peer-led educational courses, workshops and recovery support.

SomeOne Cares

SomeOne Cares offers a free counselling service for survivors of abuse, specialising in childhood sexual abuse, rape and sexual assault.

www.someonecares.org.uk

Telephone: 0191 257 8094

Cruse Bereavement Support

Grief is a natural process, but it we know it can be devastating. You are not alone. We are here to support you.

www.cruse.org.uk/get-help

Helpline: 0808 808 1677

Gateshead Domestic Abuse Team – Gateshead Council

For advice and support, please contact our Domestic Abuse 24 hour helpline 0191 433 3333

Andy's Man Club

www.andysmanclub.co.uk

At Andy's Man club is a judgment-free, confidential space where men can be open about the storms in their lives. We aim to achieve this through weekly, free to attend peer-to-peer support groups for men aged over 18.

NHS Talking Therapies Gateshead

Telephone: 0191 283 2541 or online at

www.gatesheadtalkingtherapies.nhs.uk

Talking therapies are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression.

You can access talking therapies for free on the NHS.
You can refer yourself directly to an NHS talking therapies service without a referral from a GP, or a GP can refer you.

Gateshead Autism Hub

Monthly drops at Gateshead Autism Hubs are available to anyone with an interest in autism - including family members of autistic people, professionals, practitioners and individuals with autism whether they have a diagnosis or not.

Email: gatesheadautismhubs@daisychainproject.co.uk

Telephone: 0191 478 2619

Basis@336 (Oasis Aquila Housing)

Help and support for those experiencing homelessness.

Telephone: 0191 499 8020

Citizens Advice Gateshead

Telephone: 0808 278 7902

Email: advice@citizensadvicegateshead.org.uk

Gateshead Carers Association

We believe that no carer should feel alone, and that it is vital all unpaid carers feel supported in their caring role, or feel supported to stop providing care, if that's what they choose.

Telephone: 0191 490 0121

Email: enquiries@gatesheadcarers.com

Gateshead Women's Refuge and Advice

Advice, support and refuge accommodation for women experiencing domestic violence. Basic legal advice, help with welfare benefits and housing issues. Telephone support and advice for women living in the community.

Telephone: 0191 477 9309

24-hour National Domestic Abuse Helpline

Support for women who are experiencing domestic abuse.

Telephone: 0808 2000 247

Men's Advice Line

Men's Advice Line provides confidential support for any man experiencing domestic violence or abuse.

Telephone: 0808 801 0327

REACH (Rape, Examination, Advice and Counselling Help)

Free, confidential counselling, support and advice service for women aged 16 and over.

Telephone: 0191 221 9222

Gateshead Council's Homeless Service

If you are homeless or think you may be threatened with homelessness please contact our Housing Options Team.

Freephone number: 0800 953 7112 – 24 hours a day

Mental Health Matters

Pathways Advice and Information Gateshead

Telephone: 0191 490 0579

Email: info@mhm.org.uk

Switchboard LGBT+ Helpline

A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.

Telephone: 800 0119 100

Streetwise

Streetwise Young People's Project is a multi award-winning regional Charity, providing essential support services for young people aged 11 – 25 years since 1991.

Telephone: 0191 2305400

SANEline services

National out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. We are normally open every day of the year from 4pm to 10pm.

Telephone: 0300 304 7000.

Drug and Alcohol Services

Gateshead Recovery Partnership

Contact them on 0191 594 7821 or grp.referrals@cgl.org.uk

Positive Futures - Children and Young People Drug and Alcohol services

Telephone: 0191 460 1354

Email: gatesheadyp.info@cgl.org.uk

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.

If you have any concerns at all about confidentiality please speak to any member of the team.

Patient and carer information

There is a range of patient and carer information on the Trust's website – www.cntw.nhs.uk/resource-library – which includes information on mental health and wellbeing, information on medicines, side-effects and how to manage them and mental health act information leaflets in 28 languages.

There are also 23 self help guides written by NHS clinical psychologists with contributions from service users and healthcare staff. Titles cover Depression and Low Mood, Stress, Controlling Anger, Panic, Sleeping Problems and Anxiety.

www.cntw.nhs.uk/selfhelp

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/contact/complaints/
- telephone the Complaints Department Tel: 0191 245 6672
- email 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
- complete a Points of You survey, available on wards, reception areas or from staff
- other options for sharing your feedback and experience www.cntw.nhs.uk/yourfeedback
- scan this QR code with your phone, this will take you directly to the Points of You survey. Please enter the team code CNTW157



Patient Advice and Liaison Service (PALS)

PALS provide confidential advice and support, helping you to sort out any concerns that you may have about any aspect of your or your loved ones care.

We act independently when handling patient and family concerns, liaising with staff, managers and, where appropriate, relevant organisations, to negotiate prompt solutions. If necessary, we can also refer patients and families to specific local or national-based support agencies.

South of Tyne

Tel: 0800 328 4397 Text: 07825 061 035

Email: pals@cntw.nhs.uk

Post: Patient Advice and Liaison Service, Garden Lodge,
Hopewood Park, Ryhope, Sunderland, SR2 0NB

9.00 am – 4.30 pm, Monday to Friday

An answerphone is available at all times for you to leave a message. A member of the PALS team will aim to return your call as soon as possible.



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, easy read, BSL or other languages). Please contact the Patient Information Centre
Tel: 0191 246 7288

Published by the Patient Information Centre

2023 Copyright, Cumbria, Northumberland, Tyne and Wear
NHS Foundation Trust

Ref, PIC/774/1223 December 2023 V8

www.cntw.nhs.uk Tel: 0191 246 7288

Review date 2026

Follow us on social media, search for CNTW