

# Sunderland 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'), registered mental health nurses, clinical psychologists, other specialist mental health professionals, and administrative staff.

We are a 24-hour service based at Pallion Health Centre.

The hospitals we cover are:

- Sunderland Royal Hospital
- Sunderland Eye Infirmary
- ICAR (Intermediate Care and Rehabilitation – Houghton le Spring)
- St Benedict's Hospice

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 if a relative, friend or advocate accompanies you.
- We will encourage you to be involved in decisions about any treatment offered.

## You may be offered:

- An appointment to see us again, in the near future.
- 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:** Sunderland Psychiatric Liaison Team,  
2nd floor, Pallion Health Centre, Sunderland, SR4 7XF

**Our telephone number is:** 0191 566 5487

## 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.

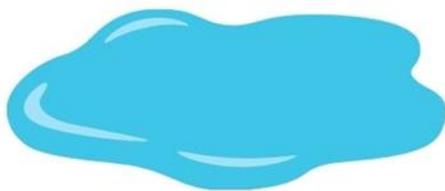
**Money worries**   **Physical health**   **Poor sleep**



When the bucket gets too full it overflows



We try to cope the best way we know how. Sometimes these strategies can work in the short term but longer term may cause problems and be harmful.



### Less helpful or harmful coping:

- Alcohol, drugs,
- Self-harm
- Avoiding things or people
- Putting others needs first
- Shouting, aggression
- This can lead to more stress going into the bucket over time.

### Examples:

Difficult life experiences

Housing problems

Loss of support, people we love

Money problems

Stress at work or stress due to having no job



We can find ways to cope in more helpful ways.

### Some coping that may be more helpful:

- Speaking to friends and family
- Moving my body, walking
- Distracting myself
- Asking for help
- Reading
- Doing things I enjoy



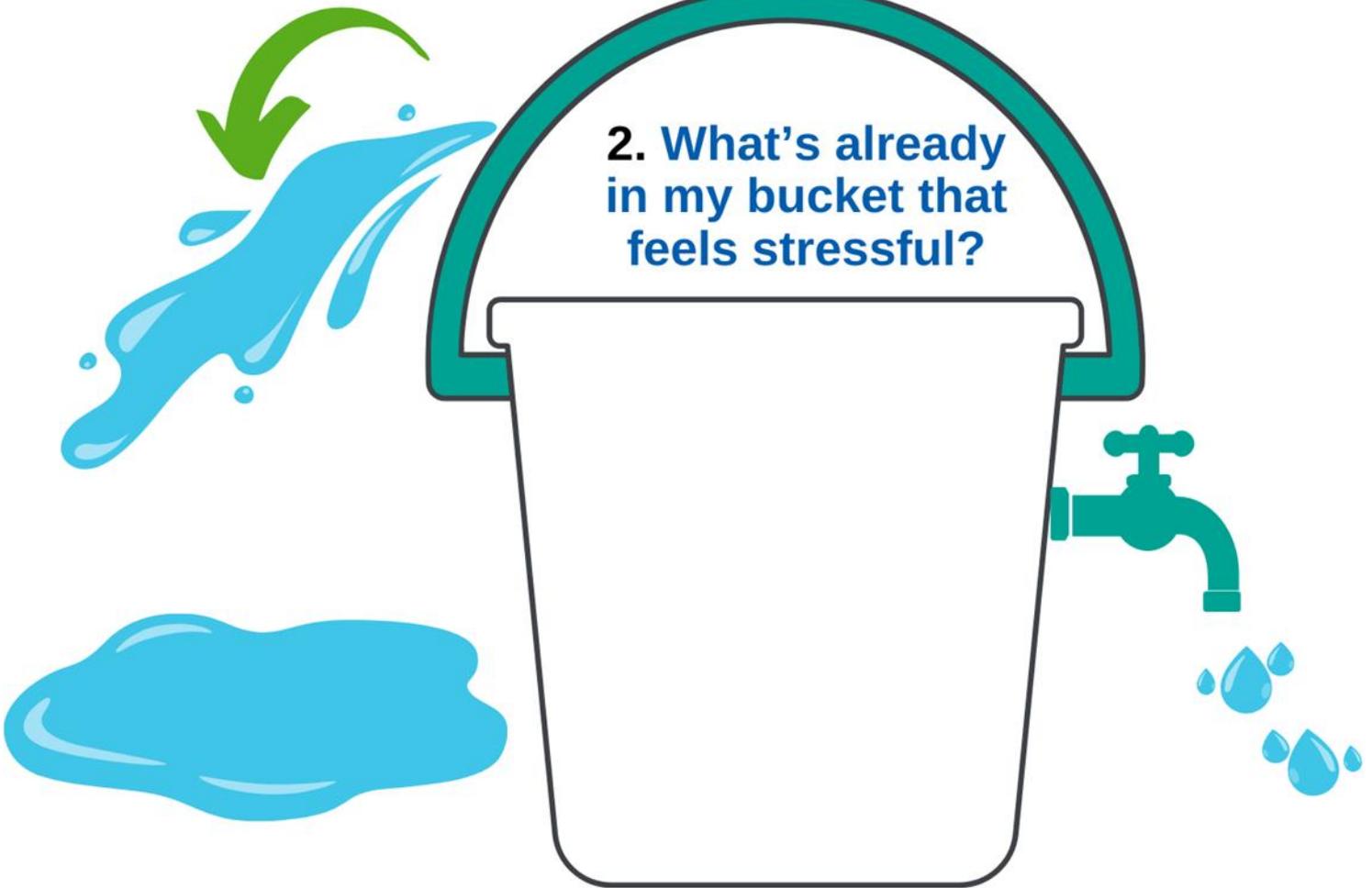
The Stress Bucket by Brabban and Turkington (2002)

# 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?**

# Sunderland Psychiatric Liaison Team Safety Plan

## Contributors to safety plan:

## Triggers/warning signs of a crisis

## Individual coping strategies

## Connecting with friends and family

**Social prescribing options/peer networks**

**Professional/emergency supports**

**Reducing access to means/making your environment safer**

**PLT Discharge Plan**

## Professionals who I can contact:

- **Your GP:**
- Community Mental Health Team
- Social Workers
- Other useful contacts:

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

**Call NHS 111 and select the mental health option.**

You'll speak to a mental health professional who will listen and help you find the right support.

**If you are Deaf or have communication difficulties**, you can contact us in a crisis by:

- Texting 07860 064 775
- Using [www.signvideo.co.uk/nhs111](http://www.signvideo.co.uk/nhs111)
- Contacting 18001 111 using the Relay UK app

The team **does not** provide an emergency service such as a 999 response.

## Helpful contact numbers

- **Together in a Crisis** (practical and emotional support for people in Crisis): 0300 131 0333
- **Sunderland Psychological Wellbeing Service:** 0191 566 5450
- **WEAR Recovery** (Change, Grow, Live) drug and alcohol support): 0800 234 6798
- **Wearside Women in Need** (domestic abuse support): 0800 066 5555
- **Shout** (Crisis text service): 85258
- **Andy's Man Club** (men's mental health): [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)
- **Sexual Assault Referral Centre (age 16+, 24 hours):** 0330 223 0099
- **Samaritans:** 116 123
- **Saneline** (Out of hours mental health helpline, 7 days a week, 4.30-10.30pm): 0300 304 7000
- **MindOut (LGBTQ):** [www.mindout.org.uk](http://www.mindout.org.uk)
- **Switchboard (LGBT+ helpline):** 0800 0119 100
- **Sunderland Council:** 0191 520 5550
- **Citizens Advice:** 0300 330 1194
- **Cruise (Bereavement Support):** 0808 808 1677
- **Sunderland Carers Centre:** 0191 549 3768
- **If You Care, Share (suicide bereavement support):** 0191 387 5661
- **Age UK:** 0191 514 1131
- **Alzheimer's Society:** 0300 150 3456
- **BASIS Sunderland (Homeless Drop In):** 0191 567 0033
- **Combat Stress (veterans):** 0800 138 1619
- **Autism in Mind:** 0191 570 0047
- **Family Lives** (support for families): 0808 800 2222

## Helpful Apps and resources

- **Calm Harm - free app - age 12+**  
Helps to resist/manage the urge to self-harm. You can choose a range of activities to help manage the urge to self-harm.
- **Feeling Good - offers in app purchases - age 12+**  
Adapted from mind coaching used in Olympic sports to develop and guide your vision of a better future.
- **Thrive - free app - age 12 +**  
Build resilience to stress, anxiety and depression.
- **Stay Alive - free app - all ages**  
Information to help you stay safe. You can use it if you are having thoughts of suicide or concerned about someone else.
- **Virtual Hope Box - free app - all ages**  
Helps with coping, relaxation, distraction and positive thinking.
- **Smiling Minds - free app - all ages**  
Free mindfulness and meditation app for guided meditation.
- **SAM – self-help app for the mind - free app - age 12+**  
Provides a range of self-help techniques organised into several main wellbeing themes.
- **Worry Tree - offers in app purchases - all ages**  
Helps you to record manage and problem solve your worries and anxiety based on cognitive behaviour therapy techniques.
- **Daylio - offers in app purchases - all ages**  
Self care journal with goal mood and happiness tracker, enables you to keep a private diary without having to type.
- **Kooth - website only aimed at young people**  
[www.kooth.com](http://www.kooth.com)  
A confidential emotional wellbeing platform for young people.
- **Family Lives - website only**  
[www.familylives.org.uk](http://www.familylives.org.uk)  
Targeted early intervention and crisis support to families.

## **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. This includes information on mental health and wellbeing, medicines, side-effects and how to manage them, and mental health act information leaflets in 28 languages:

[www.cntw.nhs.uk/resource-library](http://www.cntw.nhs.uk/resource-library)

A range of useful information and support resources for carers:

[www.cntw.nhs.uk/carers](http://www.cntw.nhs.uk/carers)

## **Self help guides**

We have 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, Anxiety and many more:

[www.selfhelp.cntw.nhs.uk](http://www.selfhelp.cntw.nhs.uk)

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

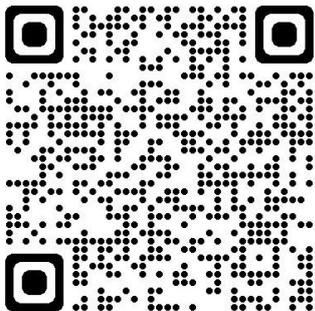
If you want to make a comment, suggestion, compliment or complaint you can:

- 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](http://www.cntw.nhs.uk/contact/complaints)
- telephone the Complaints Department on 0191 245 6672
- email [complaints@cntw.nhs.uk](mailto:complaints@cntw.nhs.uk)

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/yourvoice](http://www.cntw.nhs.uk/yourvoice)
- complete a Your Voice survey, available on wards, reception areas or from staff
- other options for sharing your feedback and experience [www.cntw.nhs.uk/yourfeedback](http://www.cntw.nhs.uk/yourfeedback)



You can also scan this QR code to access the Your Voice survey online. Sunderland Psychiatric Liaison Team code - **SSHL**

## 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](mailto:pals@cntw.nhs.uk)

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

9am to 4.30pm, Monday to Friday

An answerphone is always available 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 (Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre on telephone 0191 246 7288

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