

## How to contact us

We are based in Calderdale Royal Hospital and Huddersfield Royal Infirmary and are available all day, every day. **Ask a member of hospital staff to get in touch with us.**



# The mental health liaison team

*Information for patients, relatives and carers*

Mental health is just like physical health. It can be good or bad, lead to problems that last for a few weeks or ones that need to be managed over a lifetime.

Mental health is about how we think, feel and behave. One in four people in the UK have a mental health problem at some point in their lives. So, it's more common than you may think.

At certain times your mental health may be under particular strain – for example when you, or a loved one, are in hospital. That's where we can help.

This leaflet explains what support we can offer you, a relative or a person you care for, making sure your mental health is looked after, just like your physical health.

## Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints about South West Yorkshire Partnership NHS Foundation Trust. Please speak to a member of staff or contact our customer services team on 0800 587 2108 who can also provide help in understanding this information.

Job No 5819 March 2014



With all of us in mind

## About the mental health liaison team

We are a specialist service based at Calderdale Royal Hospital and Huddersfield Royal Infirmary. We work for South West Yorkshire Partnership NHS Foundation Trust and we work in partnership with hospital staff.

We are available 24 hours a day, 7 days a week for any adult (18+) who might be experiencing problems with their mental health.

Our team of staff are from a variety of different professions, so we can give you the best possible care and advice. Our team is made up of doctors, including consultant psychiatrists, psychologists, mental health nurses and social workers.



## Our aim

We want to reduce any mental health distress as quickly as possible. So, we aim to provide a rapid assessment for people who need help in Accident and Emergency (A&E) and for people who are inpatients in hospital.

Our assessment can help provide a diagnosis and support people during their stay in hospital as well as give information about other organisations that can offer continued support.

## How to get help from our team

Anyone in A&E can quickly and easily access the team and you may be referred to us by a member of hospital staff who is caring for you and may be worried about your mental health.

If you are currently staying in hospital, staff caring for you may also decide it would be useful for a member of the team to visit you and have a chat.

You, your relative or carer are also able to speak to us directly. Just ask any member of staff to be put in touch with us.

## What happens next?

Following your assessment we'll have a chat with you about how we think you could get further help and what this help might look like.

For example, depending on your circumstances and on your preferences, this could include:

- Continued assessment by our team
- Referral to other specialist mental health services
- Referral to services provided by other NHS or social care organisations
- Referral to intensive home based treatment

- Inpatient admission (if you are being seen in A&E)
- Advice about local voluntary organisations that can provide further help

We'll discuss and explain your different options and you'll have the opportunity to ask us any questions. We'll work closely with you so that, together, we can decide on the best option(s) for you.

## Can I speak with the team if I am already involved with mental health services?

If you are already receiving mental health care in the community we would still be very happy to speak with you. We'd work closely with your current care coordinator so that you get the best possible care.

## Information for carers and relatives

Your views, as a carer or relative, are always taken into account during the assessment process and also then in any care we provide.

During the assessment process we will take time to speak with relatives and carers to ensure you understand the process and the options.

We are also happy to chat with you about how you may be coping whilst your relative or the person you care for is in hospital. We may be able to give you advice and assistance as well as information about local support.

Just ask any member of hospital staff if you'd like to speak with us.