

Making Mental Health Care Safer: NCISH Annual Report and 20 year review What will these findings mean for you?

Home Treatment

If you are offered crisis resolution/home treatment (CRHT), this should provide intensive support in your home, especially in the first week or so, through frequent and sometimes lengthy visits by experienced staff.

Early follow-up on discharge

If you are discharged from an in-patient unit, you should be followed up by the service within 2-3 days of going home. You should also have a care plan in place at the time of discharge.

Alcohol/drugs service

Specialist drug and alcohol services should be available for those who need them. If you are receiving care from both mental health services and drug and alcohol services, these services should work closely together, and agree on the arrangements for your care.

Safer prescribing

Your mental health team may ask what medication you are taking for other conditions and what medications you have at home. This will include painkillers that may have been prescribed for someone else in your household, or bought over the counter in a pharmacy or shop.

Personalised risk management

You should be involved in your own risk management plan. This means that your mental health team should discuss with you the signs that you will need additional support and that are specific to you. These may be signs that you are becoming unwell, or specific stresses in your life.

Help with your problems

If you are struggling with problems such as debt, homelessness, or unemployment, your mental health team should be able to tell you about services that can help you with these issues.