

Tower Hamlets Mental Health Liaison Team

Follow-up after attending the Emergency Department (ED) for self-harm

Why did we take action?

- To bridge the gap between primary and secondary care for patients who self-harm
- To improve access to prompt aftercare for patients who self-harm

What did we do?

- Set up a weekly follow-up clinic
- Staffed by senior psychiatry liaison nurses
- Around 3 sessions per patient
- The clinic focuses on:
 - Reviewing safety plans
 - Reviewing risk and deterioration in mental state
 - Providing support whilst waiting to be referred to other teams

What were the outcomes?

- The first audit of the clinic revealed that:
 - Patients felt heard and valued by the service
 - Clinicians valued the opportunity to support patients via prompt aftercare
 - COVID-19: phone contacts improved attendance rates

Next steps

- Conduct a second audit
- Work with other services to address social stressors reported by patients
- Obtain feedback from patients