

Sunderland Psychiatric Liaison Team

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

Why did we take action?

- Primary and secondary care have long waiting lists for patient follow-up
- Prompt follow up by the liaison team can help support patients and strengthen care plans

What did we do?

- Established a follow-up clinic in 2014
- Patients are followed up within 72 hours of an ED presentation for self-harm
- The clinic focuses on
 - Developing safety plans
 - Revisiting risk assessments and discharge plans
 - Offering pastoral support

What were the outcomes?

- 66% of people seen in ED attended the clinic
- COVID-19: attendance increased when phone contact replaced face-to-face sessions
- Few patients needed further secondary care

Next steps

- Improve and standardise safety planning
- Develop blended approach with face-to-face, telephone, and e-consultations
- Work collaboratively with primary care