

Six steps to family and carer involvement during a mental health crisis

Family and carer involvement

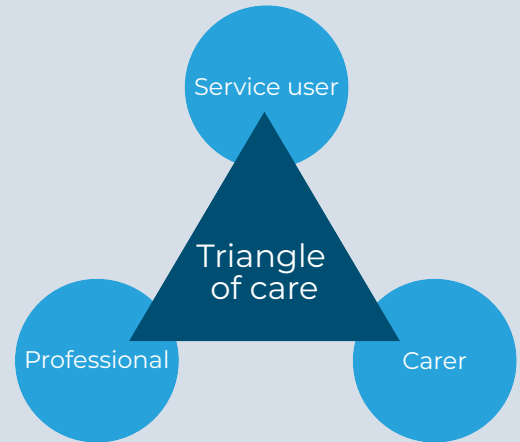


Families and carers play a key role in self-harm and suicide prevention



This is because the care of a person experiencing crisis often takes place outside of healthcare settings

The importance of carers is reflected in the triangle of care



Six practical ways to improve family and carer involvement

Identify carers/family



Identify who is involved and make space available for carers to be present

Consent for involvement



Document patient consent and reconfirm consent at regular intervals

Open communication



Provide opportunity for patients and carers to ask questions and regular debriefs after appointments

Information sharing



Agree with all parties what information can be shared, and direct carers to relevant resources on their role as a carer and available support

Plan for safer discharge



Encourage development and sharing of safety plan with carers and, where possible, include carers at the discharge appointment

Encourage shared learning



Provide training to healthcare professionals on the importance of involving carers, and encourage learning between professionals and carers