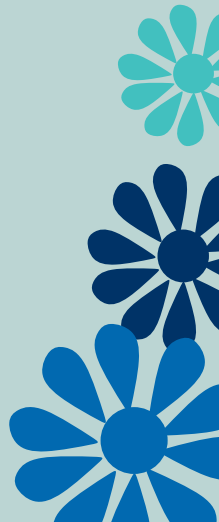


# Ocean View

Information for  
people who are being  
discharged



**Please use this space to record helpful information about your health.**

*How do I know I am getting worse?*

*What helps me?*

*What doesn't help me?*

*What could help in a crisis?*

You could consider relaxation, activities, telephone numbers to call. Consider using your *Personal Safety Plan* (available at [www.dpt.nhs.uk](http://www.dpt.nhs.uk))

## Introduction

You will be discharged from Ocean View Ward to the care of either your Community Mental Health Team (CMHT), your General Practitioner (GP) or under the care of the Crisis Resolution Home Treatment Team (CRHT or Home Treatment Team).

If you have been discharged under the care of the Crisis Resolution Home Treatment Team you can expect to know when they will be next visiting you. You may also want to read the Early Discharge leaflet which contains more information.

We understand that being discharged from hospital can be a difficult experience. However, we will have worked with you and involved you in decisions about your discharge and the next steps in the terms of your care. If you are unsure or require further clarification please let us know, so we can support you and provide the clarification you need at this time.

## Who to call if you, your family or friends think that you need help

If you think the problem is around your physical health you should call your GP or the out of hours GP service used by your GP practice. If you think that your problem is life threatening then call the emergency services. If you think that your problem is to do with your mental health then there are various places to call (there is no right 'order' to use these contact details).

1. You may have written a WRAP contingency care plan, a Relapse Management Plan or a your Personal Safety Plan or a Keep Safe Plan which could help you.
2. You could use the various 'self help' phone numbers and email addresses over the page
3. If you have a care coordinator you should call them first if it is within normal office hours

4. If it is after office hours and you think that you need urgent help you should call the Crisis Resolution Home Treatment Team on **01271 443222**. They might agree with you that your local mental health team contact you during normal office hours or try to meet with you to discuss things in more detail.
5. You could talk to the Samaritans on **116 123**.
6. Read our letter of hope (see [dpt.nhs.uk](http://dpt.nhs.uk))

## What happens after I am discharged?

You will usually be discharged with seven days of medication. You will need to make an appointment with your GP to get more medication. Your GP will be told about your discharge and the medication that you have been prescribed as well as why you were admitted.

You should get a copy of this discharge notification (sometimes called a TTA – ‘to take away’)

Within 48 hours of leaving you will receive a phone call from the Crisis Resolution Home Treatment Team. This is to check that you are okay. You might not have met the person you will be speaking to but they will need to ask questions that might include whether you are having thoughts about hurting yourself. Our telephone numbers sometimes don't connect if your phone is set to block withheld numbers. Please let us know if this is the case. Please make sure we have your phone details and that you are contactable.

If you have been discharged under the care of your local Community Mental Health Team you might know who your care coordinator is. They, or someone from the team, will contact you within seven days of your discharge. This is time to plan the next stages in your treatment.

If you are not sure about any of the above information please ask a member of staff.

You can use the area below to record who your care coordinator is and what community team they work for. You could also record the date and time of your next appointment. Please use the inside page to write some information about your recovery that can help if things start deteriorating.

Care coordinator name:

Care coordinator contact details:

Next appointment date and time:

## Some useful resources and contact details

### Community Mental Health Teams

**Bideford** - Abbotsvale  
Bideford Hospital  
Bideford EX39 3AG  
t: **01237 472379**

**Barnstaple** - Riverside Community Mental Health Team  
Litchdon Street  
Barnstaple EX32 8ND  
t: **01271 378781**

**Ilfracombe** - The Ilfracombe Centre  
44 High Street  
Ilfracombe EX34 9QB  
t: **01271 866 349**

## **Crisis Resolution and Home Treatment Team and Hospital Wards**

*Crisis Resolution and Home Treatment Team (CRT / CRHT)*

t: 01271 443222

**Ocean View**

t: 01271 443210

**Moorland View**

t: 01271 443220

**North Devon District Hospital**

t: 01271 322577 (main number)

For help or to comment on services of **Devon Partnership NHS Trust**

**PALS** (Patient Advice and Liaison Service)

t: 0800 0730741 e: [Dpn-tr.pals@nhs.net](mailto:Dpn-tr.pals@nhs.net)

## **General support and information and advice**

*Samaritans*

National emotional support phone line

t: 116 123

*MIND*

For information including financial and legal advice

t: 0300 123 3393

w: [www.mind.org.uk](http://www.mind.org.uk)

*ReThink*

For practical mental health information

t: 0300 5000 927

w: [www.rethink.org/](http://www.rethink.org/)

**Devon Partnership NHS Trust**

w: [www.dpt.nhs.uk](http://www.dpt.nhs.uk)

t: 01392 208866

*Pinpoint – community services in Devon*

[www.pinpointdevon.org](http://www.pinpointdevon.org)

t: 01392 383000

## **LINK Centres - Community support, advice, activities**

*Ilfracombe Link Centre*

Two Lanes, Belvedere Road, Ilfracombe, EX34 9JH

t: 01271 864700

*Barnstaple Alex Road Link Resource Centre*

19c Alexandra Road, Barnstaple, EX32 8BA

t: 01271 322943

### ***Holsworthy Link Centre***

2 Well Park, Western Road, Holsworthy, EX22 6DH

t: 01409 254729

### ***Bideford Link Service***

Torrageside Link Centre, Higher Gunstone, Bideford, EX39 2DG

T: 01237 421590

## **Support for substance misuse problems**

### ***Alcoholics Anonymous***

t: 0800 9177 650

e: help@aamail.org

### ***Narcotics Anonymous***

t: 0300 999 1212

### ***Rise Recovery***

For drug and alcohol problems advice and treatment.

t: 0300 303 3384

### ***Families anonymous and Al-anon***

Support for family members affected by substance misuse

t: 0845 1200 660 or 020 7403 0888

w: [www.famanon.org.uk](http://www.famanon.org.uk) or [www.al-anonuk.org/](http://www.al-anonuk.org/)

## **Support for women who harm themselves**

### ***Self Injury Support***

National Organisation supporting women and girls with emotional distress

t: 0808 800 8088

w: [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

### ***Domestic Violence support***

Devon Domestic Abuse Helpline

t: 0345 155 1074

### ***REPAIR***

For perpetrators who are committed to stop - (Resolved to End the Perpetration of Abuse in Relationships) via SPLITZ support services

t: 0345 155 1074

### ***Respect Phoneline***

For perpetrators to help stop their violence

t: 0808 802 4040

## Benefits and Legal Advice

### *Government Benefits Advice*

w: [www.gov.uk/benefits-adviser](http://www.gov.uk/benefits-adviser) or [www.adviceguide.org.uk/england](http://www.adviceguide.org.uk/england)

### *Citizens Advice Bureau*

The Ilfracombe Centre, 44 High Street, Ilfracombe, EX34 8AL

t: **03444 111 444**

The Old Schoolhouse, 13 Bridgeland Street, Bideford, EX39 2QE

t: **03444 111 444**

1 Bridge Buildings, The Strand, Barnstaple, EX32 8LW

t: **03444 111 444**

## Risk or Actual Homelessness

### *Shelter*

National homelessness advice

t: **0808 800 4444**

w: [england.shelter.org.uk/get\\_advice](http://england.shelter.org.uk/get_advice)

## Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team

Devon Partnership NHS Trust

Wonford House, Dryden Road

Exeter EX2 5AF

Freephone: 0800 0730741

Email: [dpn-tr.pals@nhs.net](mailto:dpn-tr.pals@nhs.net)

You will also find useful information about our services and issues related to mental health and wellbeing on our website.