

Useful numbers

- **"Read this First"**
An open letter to anyone thinking about suicide, includes useful resources and information
www.metanoia.org/suicide
- **Alcoholics Anonymous**
0854 769 755
- **CALM Campaign Against Living Miserably**
www.thecalmzone.net
- **Carers UK**
0808 808 7777
Provides help and advice
- **Citizens Advice Bureau**
www.citizensadvice.org.uk
- **Combat Stress**
0800 138 1619
For service personnel, serving & former
- **Cruse Bereavement care**
www.cruse.org.uk
0844 477 9400
- **Devon Partnership NHS Trust**
www.devonpartnershipnhs.uk/Recovery-supporting-you-to-live-well
- **Gamblers Anonymous**
www.gamblersanonymous.org.uk
- **Gingerbread**
0808 802 0925
Help & advice for single parents
- **HOPEline UK**
www.papyrus-uk.org
Help & advice for children & young people
- **Lesbian & Gay Switchboard**
0300 330 0630
- **Narcotics Anonymous**
0300 999 1212
- **National Debtline**
0808 808 4000
Charity offering independent debt advice
- **Nightline**
www.nightline.ac.uk/want-to-talk/
Support & advice for students provided by trained volunteer students
- **Recovery Devon**
Information and resources on Mental Health issues
www.recoverydevon.co.uk/
- **Refugee Action**
0808 8000 630
Provides advice & information
- **Relate**
0300 100 1234
Counselling for couples and individuals
- **Shelter**
0300 330 1234
Advice and information for the homeless
- **SAMARITANS**
0845 790 90 90
- **The Big White Wall**
www.bigwhitewall.com
Network for emotional health
- **The Silver Line**
0800 470 80 90
Info, friendship, advice for older people
- **Y.A.N.A You Are Not Alone**
0300 323 0400
Info & support for farmers

Contact Details

You or your carer can contact the team on **01803 396562** and we will respond as soon as possible.

A message facility is also available.

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

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

www.dpt.nhs.uk

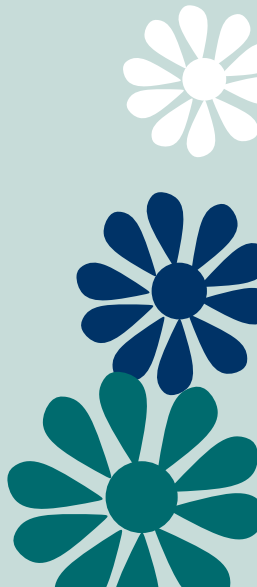


Devon Partnership
NHS Trust

Crisis Resolution Home Treatment Service Torbay

*Information for
people who use
our service*

dpt.nhs.uk



Introduction

The Crisis Resolution Home Treatment Team (CRHT) is a service set up to support you if you are experiencing a severe mental health need which could lead to an inpatient admission to a psychiatric hospital.

The main aim of the team is to help you manage and resolve your crisis through assessment and treatment in your home environment. We also support you being discharged from psychiatric hospital, enabling you to continue your recovery at home.

What we offer

We will work closely with you, your family/carers, and your social networks to provide intensive support and care, helping you to draw your own strengths and to help you learn different ways of improving and maintaining your mental wellbeing. Where appropriate, we will also help you to access other services that could be relevant to your care, as well as reviewing your current medications and helping with social issues.

Whilst under our care you will have access to the Team 24 hours a day, seven days a week for support and advice. Our input will be short term, intensive and is flexible to meet your current difficulties.

Why are we here?

You will have been referred to our service for an assessment of your mental health as a matter of urgency. After this assessment we will make a decision with you as to whether you will be seen by ourselves or we will consider referring you to other services.

What you require in terms of guidance and treatment will be discussed with you and your family or those involved and you will be instrumental in telling us what will help you in your recovery.

Where will we see you?

We operate 24 hours a day, seven days a week. We visit you at home during the day. Outside these hours we offer support by telephone and this service is available to you, family and carers.

Our aim will be to see you at home. However, if it is more convenient for you to be seen elsewhere we can accommodate this request.

Some of the people we see may need admission to hospital, but we will try to maintain your care at home for as long as possible. It is recognised that people recover more quickly if treated at home in familiar surroundings, with friends and family close by.

Who we are and who you will see

We are a multi-disciplinary team. You will see varying members of our team. We will try to maintain continuity, but this may not always be possible.

We take into consideration personal preferences when arranging home visits, as far as possible.

Carer Support

To help with your recovery it is vital to work closely with your carers.

We provide carers with the opportunity to discuss their worries in relation to their role as a carer.

We can make a referral for a carer's assessment and provide information about local support services for carers. Please ask if you would like us to do this.