

How can I access help?

- **Contact us** - If you're already in contact with a crisis team you may have been given their details
- **Being referred** – Many crisis teams can only support you if you have been referred to them by A&E or your GP
- **Through your care plan** – If you are currently being supported by a CMHT your care plan should include details of who to contact in a crisis.

Keyworker in CRHT is

Telephone number: **0151 250 5064**

Plan:

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Other helpful resources

24/7 urgent mental health crisis line: For adults in Liverpool or Sefton experiencing a mental health crisis. Call, via freephone: 0800 145 6570

If you prefer text support, (open to all ages), text: HEAL to 85258

Samaritans: Call 116 123 or jo@samaritans.org

C.A.L.M: www.thecalmzone.net or call 0800 58 58 58

Rethink: www.rethink.org or call 0300 5000 927

Mind: www.mind.org.uk call 0300 123 3393 or text 86463

Life Rooms: liferooms.org.uk or email liferooms@merseycare.nhs.uk

Life Rooms Southport

23-35 Scarisbrick Avenue,
Southport, PR8 1NW
01704 383 198

Life Rooms Walton

Evered Avenue,
Liverpool, L9 2AF
0151 478 6556

Life Rooms Bootle

68 Merton Road
Bootle L20 7AP
0151 330 6461

Our patients matter

Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver. If you have any comments, compliments or concerns you can speak with a member of staff or contact our Patient Advice and Liaison Service (PALS) and Complaints Team.

Phone: 0151 471 2377

Freephone: 0800 328 2941

Email: palsandcomplaints@merseycare.nhs.uk

To request this leaflet in an alternative format or language, please speak to a member of staff.

Crisis Resolution Home Treatment (CRHT)

Information for service users

What is Crisis Resolution Home Treatment (CRHT)?

Crisis Resolution Home Treatment (CRHT) teams can support you if you have a mental health crisis outside of hospital. They can also provide support to help facilitate early discharge from hospital and provide home treatment.

We will work closely with you, your family, your carer and other professionals to provide intensive support, assessment and treatment. Our team will work with you to draw on your strengths and skills to maintain and improve your mental health.

Whilst under our care you can access the team 24 hours per day, 7 days per week. The service we will provide will be short term in nature however will be intensive and flexible to meet your needs.

CRHT is a 24 hour service, available 7 days a week and 365 days per year.

What do we mean by crisis?

A mental health crisis can mean different things to different people, but can include:

- Thinking about suicide or acting on suicidal thoughts
- Having an episode of psychosis (where you might experience or believe things others do not)
- Doing something that could put you or others at risk.

Who works in a CRHT team?

Mental Health Practitioners can provide:

- Ongoing assessment of your needs
- The development of a personalised care plan
- Help to administer and monitor your medications.

Support workers can provide:

- Support and care in line with your care plan.

Social workers can provide:

- Identifying social care needs through the form of social prescribing.

Psychologists can help you to:

- Understand more about your mental health problems and how to manage them
- Learn new coping strategies to help you feel more in control of your mood, thoughts or actions and tackle the problems that have led to you being in crisis.

Occupational therapists can provide:

- Assessment of home and make appropriate amendments if necessary
- Assess functioning at home.

Psychiatrists can:

- Prescribe and monitor your medication.

What can CRHT offer me?

- An alternative to hospital admission by visiting you in your home or elsewhere in the community
- Visit you in hospital if you're being discharged
- Support you at every stage throughout your crisis
- Short term psychological interventions with a psychologist
- Administer and monitor medications
- Signpost you to services where you can get practical help (e.g. with money, housing or childcare arrangements).

What should I expect if I am referred?

- Our team will help you manage and resolve this stage of your illness through assessment and treatment in your home as an alternative to hospital admission
- We also support people being discharged from a psychiatric hospital, helping you to continue your recovery at home. You will be seen by staff who will conduct an ongoing assessment of your needs
- You will be reviewed by one of the team's psychologists or psychiatrists if needed
- During visits you will be supported to develop and practice coping strategies to use during crisis
- If your level of risk changes, your level of care will be reviewed which means there may be an increase in home visits, admission to crisis accommodation or hospital.