

## Self help numbers and websites

- **Mind**—[www.mind.org.uk](http://www.mind.org.uk)  
Info line—0300 123 3393
- **Royal College of Psychiatrists**—  
[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)
- **Kooth** - [www.kooth.com](http://www.kooth.com)
- **Age UK**—[www.ageuk.org.uk](http://www.ageuk.org.uk)  
Tel—0800 055 6112
- **Relate**—[www.relate.org.uk](http://www.relate.org.uk)  
Tel—0300 100 1234
- **Frank**—[www.talktofrank.com](http://www.talktofrank.com)  
Tel—0300 123 6600
- **Drinkaware**—  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)
- **Rethink Mental Illness**—  
[www.rethink.org](http://www.rethink.org)  
Tel—0300 5000 927
- **CAB**—  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
Tel—03454 04 05 06
- **Cheshire and Wirral Partnership NHS Foundation Trust website**  
- [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

CWP cannot take responsibility for advice given by external agencies.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১বিবিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवारं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेडल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes amoch angen gwasanaeth cyfieithu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2

## Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: PALS, Patient and Carer Experience Team, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

© CWP NHS Foundation Trust

The information in the leaflet was valid at the date of production **Sept 2017** and is due for review in **Sept 2019**.

Leaflet code: **A-LPMHTT-18-761**



Cheshire and Wirral Partnership NHS Foundation Trust

## LIAISON PSYCHIATRY - MENTAL HEALTH TEAM

Service User and  
Carer  
Information  
Leaflet for the  
wards, COCH

## **Liaison Psychiatry: what to expect**

### **What does the liaison psychiatry team do?**

We are a team of specialist mental health professionals (mainly nurses but also doctors). We provide psychosocial mental health assessments and signpost service users onto other services if necessary. Ward staff may be concerned about your mental health and have requested an assessment. Ward staff should discuss the referral with you.

### **How long will I have to wait?**

We aim to conduct an assessment as soon as possible, usually within a few days of referral. The ward staff can ask for an urgent assessment if they feel it is necessary.

### **What happens when I see a mental health professional from the Liaison Psychiatry team?**

If a private room on the ward is available, the assessment will take place there. The assessments vary in length from around 30 minutes to 2 hours depending on your individual needs. The mental health professional will ask questions and take notes about a number of areas of your life in order to build up an accurate picture of your situation.

### **What happens when the assessment has finished?**

We hope you find the assessment process therapeutic and value the opportunity to talk about your issues. Once the assessment has been completed the mental health professional will discuss with you the possible referral options.

These may include:

- Advice to your team on the ward
- Further monitoring by GP
- Referral for talking therapy
- Referral for intensive mental health input
- Advice regarding medication and self help information
- Referral to other mental health teams

### **Assessment letter**

Once your assessment is typed we can send it by post to your home address, if you wish. Please let the mental health professional know at the end of the assessment.

### **If you do not want an assessment**

Please let the ward staff know if you do not want an assessment. They will be able to talk this through with you.

### **What we cannot provide**

We are not able to prescribe medication because we are not in a position to monitor it. If medication is recommended, we will either contact your GP to consider prescribing it or discuss with the team looking after you in hospital.

We do not directly admit people to a mental health hospital. However, if we think this level of care is indicated for you, we will liaise with colleagues in another mental health team who can provide more intensive support at home, or if needed arrange an admission to a mental health unit.

### **Confidentiality**

The assessment will be shared with ward staff and your GP. It will not be shared with anyone who does not need to know. If there is a risk to self or others, we may inform other relevant parties (such as other mental health teams, local authority, police).

### **Students**

Sometimes we may have nursing or medical students with us. If you would prefer not to have them present at your assessment, please let ward or Liaison Psychiatry staff know.