

Mental Health Liaison/Rapid Response Service Initial Risk Management and Care Plan

Name Riccardo Gesta Date 4/8/2022

I have been seen and assessed by the Mental Health Liaison Team. (MHLT) We have discussed the following plan:

Interpreting Services

Sussex Interpreting Service

Non emergency 01273 702005

Emergency 07811459315

} Face to Face

Vandu Language Service

Non emergency 01273 473986

Emergency 0800 008 7650

} Face to Face

Language Line 24hrs 0845 310 9900

mental health helpline 24hrs on safe card

Staying well out of hours support

Prescription for Diazepam & zopiclone (information given)

Liaison will write to your GP

If, at any point I feel unsafe; I will contact my Care Coordinator/Carer, GP Service or a relative/friend that I feel safe with. If I need urgent medical attention I will attend A&E or call 999.

Patient

Carer/relative

Liaison Nurse

_____ sign

_____ sign

NSDalley sign

_____ print

_____ print

MDudley print

Community Support Services

Sussex Mental Helpline - 0800 0309 500, 24/7

MIND - 0300 123 3393, Samaritans - 08457 909090,

For urgent non-life threatening medical assistance - 111

No Panic (anxiety phone support) - 0800 138 8889 10am - 10pm

The Silverline (Helpline for older people) - 0800 470 8090

Stay Alive App- Suicide Prevention Resource

Sane Line- For those affected by mental illness including family, friends & carers (16+) - 0300 304 7000 - 4:30pm -10:30pm

Support Directory: https://www.eastsussex.gov.uk/socialcare/healthadvice/mental-health/directory/self-help/

Stop herbal tablets Kalms & Sleepers?