What is liaison psychiatry?

As many as a quarter of people admitted to hospital with physical problems also have mental health issues which can manifest themselves in many different ways.

We are a team of mental health professionals who have specific expertise in helping people with mental health needs which occur alongside physical health problems. We work mainly in the general hospital.

We provide mental health support for people on the wards, in the Urgent Care Centre and Emergency Department. We help the general hospital staff better to understand the connections between physical and mental health problems and how best to manage these.

The team has nurses, doctors and therapists. We work at, **Hammersmith, Charing Cross and Queen Charlotte's & Chelsea Hospitals**. A separate team supports patients in St Mary's Hospital.

Who is it for?

- People over the age of 16 who are experiencing mental health problems (including dementia or memory problems) and mental health problems brought about by physical ill health or pregnancy (such as acute confusion).
- People over the age of 16 years who need specialist mental health advice in the Urgent Care Centre and Emergency Department (such as following self-harm).

What happens if you are referred to our service?

If you are in the Urgent Care Centre or Emergency Department, or an inpatient on a ward, the hospital staff will arrange for an initial assessment with our team. Appointments will generally take place in a private place in the Emergency Department or on the ward.

If you are referred as an outpatient, we will contact you to arrange an appointment.

Before we see you we will review your records to understand how best we can help you. If you require an interpreter, please let us know.

What will happen at the assessment?

The assessment is an opportunity to talk about your problem and how it affects your life, and to begin to get help.

We may also (with your consent) ask your family or carers for additional information and work with the medical team if we feel that you might benefit from any additional investigations. This will help us to offer advice for further treatment and management.

We may also need to discuss your care with social services or similar agencies, if we think there may be an issue they can help with.

We will send you a written summary of the assessment give copies to your GP and to any professional you identify as already providing you with care or treatment. Please let us know if you would prefer not to receive a copy of your letter.

What happens after assessment?

This will depend upon your needs. We may see you for further sessions or to monitor how you are doing whilst you are still in hospital.

We offer psychological therapy, medicines, or a combination of both. We will also give advice to medical and surgical teams who are treating you and involve your GP whenever possible.

If you want us to, we can discuss problems you are experiencing with your family or carers.

If you require additional involvement of mental health services, we will refer you to services in your area to enable you to receive ongoing care.

Consent and confidentiality

We will usually only see you if you have given your consent. Anything you say is treated in strictest confidence and will only be shared with other members of the team and with other people involved in your care, such as your GP.

We work in both the general hospital and also the mental health trust. Our notes are stored safely on the secure mental health trust computer system and a copy placed in your hospital notes so that the doctors who are treating you have a record of our advice.

If we believed that there was a significant risk you might seriously harm yourself or others, or we were concerned about possible harm to vulnerable people such as children, we may be obliged to speak to other agencies about your care.

My care plan

I was seen by: .....

We discussed: .....

.....

.....

Our plan: .....

.....

Contingency plan: .....

(See also 'other useful contacts')

Feedback and complaints

If you would like to provide any feedback or have any concerns or queries about the care we provide, please contact the team directly using the contact details overleaf.

If you would prefer to speak to someone outside the team in confidence you can contact West London Mental Health Trust's Patient Advice and Liaison Service (PALS).

You can call them free Monday to Friday between 9am and 4pm (answer machine outside these hours) on **0800 064 3330** or at **pals@wlmht.nhs.uk**.

Research and participation

We work with Imperial College and aim to offer all patients the chance to take part in research. We are also always keen to involve you in the development of our services. If you would like to know more, please ask us.

How to contact us

Room 24
5 East
Charing Cross Hospital
Fulham Palace Road
London
W6 8RF

Tel: **020 3311 7220**

First floor
B-Block
Hammersmith Hospital
Du Cane Road
London
W12 0HS

Tel: **0208 383 3036**

Follow us on Twitter: **@WLLiaisonPsych**

West London Mental Health Trust
24/7 patient and carer support line
0300 1234 244

For information, advice and support about your own mental health or that of someone you know. Available 24 hours a day, 365 days a year.

Other useful contacts

The Samaritans.....08457 90 90 90
Local drug and alcohol service.....020 7381 0436
Alcoholics anonymous.....0845 769 7555
Domestic violence helpline.....0808 200 0247
Shelter.....0808 800 4444
CNWL Crisis Line.....0800 023 4650
Charing Cross Hospital.....020 3311 1234
Hammersmith Hospital.....020 3313 1000
Queen Charlotte's & Chelsea.....020 3313 1111

West London Mental Health NHS
NHS Trust

Hammersmith & Fulham liaison psychiatry service

Promoting hope and wellbeing together