

# What is The Crisis Resolution Home Treatment Team?

Tel: 01243 791909  
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[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

## Useful Contact Numbers

### Crisis Resolution Home

#### Treatment Team

7am to 9pm every day  
01243 791909 Mobile 07960 135205

**Note:** Please do not text the  
Team as a response can not be  
guaranteed.

### Sussex Mental Health Line

24 hours – 365 days a year

0300 5000 101

### Out of hours GP

24 hours – 365 days a year

111

### Samaritans

24 hours – 365 days a year

08457 90 90 90

### No Panic

0844 967 4848

Everyday 10:00am - 10:00pm

*Helping people who suffer from Panic Attacks,  
Phobias, Obsessive Compulsive Disorders and  
other related anxiety disorders*

### Mind

0300 123 3393

9am to 6pm, Monday to Friday (except for  
bank holidays)

## Crisis Resolution Home Treatment Team

01243 791909



Information Leaflet  
For Service Users,  
Carers, Families &  
Professionals

## **The Crisis Resolution Home**

**Treatment Team (CRHTT)** is an acute mental health service for people whose mental health crisis is at a point that they would otherwise have been admitted to hospital. We also try to get people out of hospital more quickly if they have been admitted.

The Team supports people aged 18 and over in their locality. We are able to support, treat and manage a person's care in the community and we work closely with the service user's families and other professional. We offer short term intervention to individuals in their homes. Generally we work with people for a maximum of 6 weeks, although it is more likely several weeks. As part of the care planning process we will compile an individual care pathway specifically aimed at meeting your needs.

We are a team made up of Mental Health Nurses, Approved Mental Health Practitioners, Social Workers, a Support worker, a Psychologist and two Psychiatrists.

The team operates 7 days a week. Our working hours are 7am – 9pm. The Senior Nurse Practitioner covers the night time period for urgent input or referrals into acute care.

Once you are referred to the Crisis Team, we will contact you that day and arrange a time for assessment within 24 hours of the referral being made. The assessment is completed with 2 members of the team. We will talk with you about your current difficulties and together discuss the best way forward.

## **What can help people in Crisis?**

The Crisis Team use a variety of interventions to assist individuals in maintaining their safety and promoting mental health recovery.

### ***The Interventions offered are as follows;***

Having someone to talk to, share your experiences with and explore the best way forward.

We have access to psychiatrists to review medications.

We support individuals to develop positive coping strategies.

We help you to manage your safety in the community alongside your existing support networks.

We acknowledge that families and carers are also affected by mental health and as such we offer a carer's assessment/support. Although we are unable to share information directly with some carers they can nevertheless offer their input.

Practical support – we can refer people on to the relevant agency or advice and sign post to community services.

We can offer a CBT (Cognitive Behavioural Therapy) and mindfulness approach with short term intervention.

You can be referred to the Crisis Team in the following ways:

### **In the community:**

If you are currently under the care of mental health services, you can be referred by a mental health practitioner involved in your care such as a Community Mental Health Nurse, Approved Mental Health Practitioner, Social Worker, Mental Health Specialist Doctor or Occupational Therapist.

In emergency situations or out of hours the A&E Mental Health Liaison Service can also refer into the Crisis Team.

### **On the Ward:**

If you are an inpatient in a mental health hospital, the nursing staff or ward doctor can refer you onto the Crisis Team for an assessment to support early discharge from hospital.

You cannot be referred to the Crisis Team directly from your GP Practice. If you are not involved with Mental Health Services, your GP can refer you to the Community Mental Health Team who are then able to access the Crisis Team if required.

***As a service we are positive about promoting mental health recovery and fighting stigma.***

### **Support after the Crisis Team:**

If you are new to mental health services we will discuss your needs and refer you on to the relevant service for after care.

If you are already involved with mental health services we will work alongside your existing support and plan discharge with you and the professionals involved in your care.