



URGENT MENTAL HEALTH NEEDS ADVICE

How to find us:

Oberlands Centre

La Rue de la Corbinerie

St Martins

Princess
Elizabeth
Hospital



Oberlands
Centre

During office hours, Mon-Fri, 9am-5pm:

If you have an allocated worker/nurse/social worker /therapist, call the Oberlands Centre on **725241**, and ask for that Team and professional by name.

OTHERWISE

Make an appointment with your GP

Attend A&E

Samaritans have a daily drop-in service at their office at :

2, Forest Lane, St Peter Port; search online for '**Guernsey Samaritans**' for up-to-date opening times, or call their local number **01481 715515**.

Outside office hours:

If you have had a mental health admission recently or you are known to secondary mental health services call **725241** and request support from Nursing staff on **Crevichon Ward**.

Duty & Intervention Service Information Leaflet



The Duty and Intervention Service (DAIS) is based at the Oberlands Centre .

We are the gateway into Secondary Adult Mental Health Services and receive referrals primarily from GP's, A&E and the wards at the PEH. We are available for appointments Monday to Friday between 9am and 5pm. We aim to meet with you as soon as possible and use intensive interventions to address your difficulties.

We hope to provide a respectful, empowering service in which you feel in the driving seat on your road to recovery.

Our team comprises of Approved Social Workers, Psychiatrists, Community Mental Health Nurses and Administrative support staff.

What to expect from our Service:

Your initial assessment appointment with a member of our Team will last for approximately one hour. We use this time to listen to your difficulties, assess your mental health and discuss with you support which is available from mental health services, and if this is the right service for you.

Although our service focuses on the 'here and now' we will also ask some questions relating to your past as this helps us to have a better understanding.

Please note that our Team supports Nurses and Social Workers during their training. Permission is always sought from Service Users for students to take part in appointments.

Process of the Duty & Intervention Service

If you are accepted for treatment, we may offer the following interventions.

BRIEF—solution focussed therapy

Medication –prescribing reviewing and monitoring efficacy/side effects

Guided self-help for anxiety / depression

Education around your symptoms

EMDR

Following a period of engagement with DAIS, we may refer you to the following:

Recovery & Wellbeing Service

Weekly programme offering therapeutic activities and groups

Occupational Therapy Support

Psychological Services

Talking therapies

Mindfulness Group

EMDR therapy

HSSD Support Groups

Carers Group

Guernsey Health Trainers

Interwork/ work rehab

Voluntary Services

Specialist Teams

Outpatient Clinic

Community Drug & Alcohol team

Inpatient Service

The following are examples of non-statutory services who also offer support:

Philippi Counsellors

Options

Guernsey Domestic Abuse Forum

Action for Children

Alcoholics Anonymous

Drug Concern

Guernsey Alcohol Advisory Services

CAB

Family Partnership

Surestart



At all times we endeavour to work collaboratively and appreciate any comments or complaints you may have regarding our service.

Please contact us on 01481 707484