

SUPPORT CARD

for times of mental distress



mental health in focus

In Celebration of Joe Benyon

Whose family and friends
generously sponsored the
printing of this card

IN A CRISIS

If you feel frightened, helpless or despairing,
or if you cannot keep going, or you just do not
know what to do,

- » Take some deep breaths
- » Try to keep calm
- » Stay safe
- » Decide who might be the best person to contact

Contact someone and ask for help

- » Tell them your name and where you are
- » Say what is wrong and what you need
- » Trust what they say to you and advise you to do
- » Say if you cannot do what they suggest

If you feel in real danger,
dial 999 and ask for the Police

USEFUL NUMBERS

CRISIS:

Focusline Support **0800 027 2127**
(5pm - 7am)

PERSONAL:

My Support Worker
My Home Doctor/GP
My Nurse/CPN

OTHER USEFUL NUMBERS:

Name
Name

ADVOCACY AND INFORMATION:

0116 255 6286



mental health in focus

USEFUL NUMBERS

NHS DIRECT

Confidential advice and information
0845 46 47

SOCIAL CARE EMERGENCY TEAM

0116 255 1606

LEICESTERSHIRE POLICE

(non emergency police advice)
0116 222 22 22

SAMARITANS

listening service offering emotional support
0845 790 90 90

CHILDLINE

for children and young people with
any problem
0800 11 11

SHELTERLINE

housing advice helpline
0808 800 44 44

REFUGE

for women experiencing violence at home
0870 599 5443

JUNIPER LODGE

for people who have been raped or
sexually abused **0870 599 5443**

If you are being treated under the Mental Health
Act, Independent Mental Health Advocates
(IMHAs) could support you.

- » IMHAs explain how the Mental Health Act
applies to you and tell you your rights.
- » IMHAs can support you to make sure your
views and needs are heard to get the best
treatment.
- » Certain people (such as your nearest relative
or your carer) can ask an IMHA to get in touch
with you.
- » You can refuse the support of the IMHA
- » The IMHA service is free and confidential.

If you are a voluntary inpatient, or living in the
community with a mental health issue, then
LAMP has other Mental Health Advocates and
Peer Advocates (who have lived experience of
mental health issues) to support you. See over.

IN AN EMERGENCY

Please contact:

who is my spouse / relative / partner / friend / supporter

Their number:

I take this medication regularly

- 1.
- 2.
- 3.
- 4.

My Doctor is

Their number:

ABOUT TREATING ME

I am allergic to

When I am unwell, **This helps** me:

BUT, This does NOT help me:

NEEDING SUPPORT IN HOSPITAL

Although they can feel strange, hospitals are safe places. The staff are there to support your recovery. So try to trust the nurses and doctors.

If you are feeling upset or confused, tell someone. You can talk to your named nurse and tell them how you are feeling.

You can ask when your ward round is taking place and make sure you go to it. That way you can talk to the people looking after you.

Or you can tell a relative, or friend, or one of LAMP's Advocates.

BEING LISTENED TO

Do you want someone to speak up for you?

If so, you can ask to see one of

LAMP's Advocates.

See bottom of page for details.

THE MENTAL HEALTH CHARTER (IN BRIEF)

If you receive mental health services, you can expect to:

- » Get treatment that is right for you
- » Have your views and preferences valued and taken into account
- » Be treated with respect, dignity and compassion
- » Get good information to make informed choices
- » Be treated respectfully by caring people who do their jobs well
- » Be respected as an important member of society
- » Have your carer's views respected
- » Have a written care plan

How a Mental Health Advocate can help

LAMP's Advocates take action to help you to

- » Voice how you want to be treated
- » Get the information you need to make choices
- » Understand and get your rights

Where you can see one of LAMP's Advocates

- » **As an inpatient**, at the Brandon and Bradgate Units, Willows, Herschel Prins, Belvoir Unit, Evington Centre, Thornton & Barnsdale Wards
- » **Living at home**, by appointment at one of our outreach services in Coalville, Oakham, Loughborough, Hinckley, Melton Mowbray and Market Harborough, or at LAMP's offices, or at your home.

0116 255 6286 from 9.30am to 4.00pm