

Mental Health Safety Planning Service

In partnership with Berkshire Healthcare NHS Foundation Trust, Buckinghamshire Mind is pleased to launch our new Mental Health Safety Planning Service in East Berkshire. If you live in East Berkshire and have attended A&E or Mental Health Integrated Community Service (MHICS) because you have had thoughts about ending your life and/or you are at risk of self-harm, then this Service aims to support you.

You will be referred by East Berkshire Psychological Medicine (EPBM) or MHICS. The Mental Health Safety Planning Team will make contact 1-3 working days after the referral. The Team will work with you on a one-to-one basis for six sessions.

These will involve:

- Listening and working with you to develop a Safety Plan.
- Working with you to increase connections and reduce isolation.
- Supporting you to identify and develop coping skills.
- Signposting you to other services and sources of support.
- Providing educational strategies to help manage situations that trigger self-harm or thoughts of ending your life.



Referral to the service is only via MHICS or EPBM. If you'd like to find out more about this service, please email: **Berkshiresafetyplanning@bucksmind.org.uk**

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