

Introduction

This directory is written for people who are in emotional distress or have a mental illness, and the people that care for them. It is particularly relevant for people aged between 16 and 65 years, and is also intended to be a useful reference point for people who work in mental health.

The directory provides information about:

- The National Service Framework for Mental Health.
- Mental Illness and mental distress
- Where to get help if you are feeling unwell.
- What to do in an emergency or crisis.
- Contact addresses and telephone numbers of mental health services and support organisations.

The National Service Framework for Mental Health

The National Service Framework (NSF) is a 10-year plan beginning in 1999. It sets out national standards for mental health services for adults aged 16-65. There are other NSF's for Older People and Children's Services. Some improvements will happen quickly and others may take more time to

develop. The NSF includes seven standards that are briefly summarised below.

Standard One – Mental health promotion: is about ways of achieving 'good' mental health and combating discrimination against people with mental health problems.

Standards Two and Three – Primary care and access to services: are about people being able to get initial help from their GP Surgery and being referred on to specialist services as needs are identified. People should also be able to contact local services any time day or night, and use *NHS Direct* (0845 46 47) for advice and information about helplines and services.

Standards Four and Five – Effective services for people with severe mental illness: are about providing care which helps to prevent a crisis and reduce risk.

People should have a care plan which includes action to be taken by the service user, their carer and their care coordinator in the event of a crisis. This includes access to services 24 hours a day, 365 days a year.

Anyone who needs it should be provided with safe hospital accommodation.

Standard Six – Caring about carers: is about assessing the needs of people who care for someone with a severe mental health problem and ensuring they receive support to continue this care.

Standard Seven – Preventing suicide: by meeting the other standards of the NSF, care should be improved and consequently suicides can be prevented.

For more information on the NSF go to The Sainsbury Centre for Mental Health website: www.scmh.org.uk

What is mental illness or mental distress?

Mental illness/distress includes such things as:

- Anxiety
- Depression
- Obsessive or repetitive behaviours
- Phobias such as fear of going out of the house
- Eating disorders like anorexia, bulimia or compulsive eating
- ‘Bipolar’ mood disorders like manic depression
- Schizophrenia

It may be linked to things like:

- Homelessness

- Losses such as unemployment, bereavement etc
- Long term physical illnesses and strokes
- Alcohol and substance misuse
- Dysfunctional families and violent domestic relationships
- Childhood abuse

Mental illness is very common and one in four people are likely to experience a period of mental illness during their lifetime.

It no longer has the stigma attached to it as it once did. People are not thought of as ‘mad’ or ‘inadequate’ because they are not coping with pressure of everyday life.

People who care for someone with a mental health problem may also access services at times for support and advice. They may also need help to look after their own mental health.

What are the signs of mental illness or mental distress?

The signs are different for each person. Symptoms might include:

- Feeling very sad/unhappy/depressed or excessively happy for a long time for no reason
- Intense levels of anxiety and panic attacks

- Repetitive actions such as constant hand washing
- Obsessive dieting or overeating
- Self-harming
- Feelings of persecution or confusion
- Delusions where someone believes something is happening which no-one else can understand
- Hearing voices

What can you do if you feel mentally or emotionally unwell?

You may wish to discuss your feelings with your GP. Your GP will listen, give advice and information and can prescribe medication. He/she may also refer you to:

- A community psychiatric nurse called a 'CPN'
- A consultant psychiatrist
- A clinical psychologist
- A primary care mental health worker
- Social services if he/she thinks you have social needs
- Another agency such as Relate or Emerge

Alternatively you could call the Staffordshire Mental Health Telephone Helpline to talk things over on **0808 800 2234**. Or contact *NHS Direct* on **0845 46 47**.

What can you do to prevent an emergency or a crisis?

The best method of avoiding a crisis is to act as early as possible and to obtain help when the symptoms start. Pressure of work or in the family are common causes, or 'triggers' of mental and emotional distress and it can be important to ensure that these matters do not get out of hand and that you have someone to talk to about your problems. You can talk to your GP, Social Worker or CPN about your feelings.

If you do not want to go to your GP then you may find that going to a drop-in, support centre listed in this book could be useful, or alternatively you could contact one of the helplines in the directory section of this booklet.

What can you or your carer do in an emergency or a crisis?

This will depend on:

1. Whether you have **NO** recent history of a mental illness

Or

2. Whether you are, or have recently been, treated for a mental illness in hospital or the community. This usually means having support or treatment other than only medication, prescribed by your GP.

1. What to do if you have NO recent history of mental illness.

You, and/or a carer, should contact your doctor as soon as possible if it is an urgent problem. If it is out of hours telephone your GP surgery and ask to speak to the duty doctor.

The doctor will assess you and see what he/she can do. This might be to prescribe medication, or to suggest a variety of actions to reduce your distress.

If necessary, the doctor may arrange for you to see a community psychiatric nurse (CPN) by contacting the crisis intervention service. On few occasions, if these and other measures are inadequate, he/she may arrange for a hospital admission. **Note:** Unless you are already being treated, or have recently been treated, for mental illness, the consent of your GP is required before you can be admitted to hospital.

2. What to do if you are already being treated for a mental illness.

- If you have a CPN or a support worker from the adult mental health team, you or your carer can contact that person and ask to see them.
- If you have a social worker in the mental health team you can contact that person. If they are out ask to speak to the duty social worker.
- If you have a care plan, you can contact your care coordinator.
- If you have a psychiatrist, or a support worker (this is often your CPN or Social Worker) from the George Bryan Centre you, or your carer, can contact him or her.
- If you have recently been discharged from a psychiatric hospital (or psychiatric ward of a general hospital) but feel you may require re-admission then contact the hospital direct. You do not normally need to contact your GP in this case

Useful organisations and telephone numbers

GP Surgeries – Lichfield and Burntwood

Cloisters Practice, Greenhill Health Centre, Church Street, Lichfield- 01543 414311

Dr. Ahmad, 11 Longfellow Rd, Boney Hay, Walsall – 01543 674503

Dr. I Bhatt, Chasetown Medical Centre, 29-31 High street, Chasetown – 01543 671705

Dr. P. Bhatt, Spring Hill Medical Centre, 154 Cannock Road, Burntwood – 01543 684696

Dr. J. Wharton, Burntwood Health Centre, Hudson Drive, Burntwood – 01543 674477

Salters Meadow Health Centre, Rugeley Road, Chase Terrace, Burntwood – 01543 682611

The Langton Medical Group, St. Chad's Health Centre, Dimbles Lane, Lichfield – 01543 258983

The Minster Practice, Greenhill Health Centre, Church Street, Lichfield – 01543 414311

The Spires Practice, St. Chad's Health Centre, Dimbles Lane, Lichfield – 01543 258987

Westgate Practice, Greenhill Health Centre, Church Street, Lichfield – 01543 414311

GP Surgeries – Tamworth

Amington Surgery 130 Tamworth Rd, Amington, Tamworth – 01827 54777

Aldergate Medical Practice 10 Salters Lane, Tamworth – 01827 54775

Anchor Medical Practice Glasgote Health Centre, Caledonian, Glasgote, Tamworth – 01827 251251

Belgrave Surgery 108 Medway, Belgrave, Tamworth– 01827 285414

Crown Medical Practice Tamworth Health Centre, Upper Gungate– 01827 58728

Charters Primary Care St. Peters Place, Caledonian, Glasgote, Tamworth – 01827 284895

Dordon Surgery, 162 Long Street, Dordon, Tamworth – 01827 892893

Dosthill Surgery Cadogan road, Dosthill, Tamworth– 01827 283487

Dr. Bagri, Wilnecote Health Centre, 49 Smithy Lane, Wilnecote – 01827 288800

Dr. Khare, Stonydelph Health Centre, Ellerbeck, Stonydelph, Tamworth – 01827 331167

Dr. Rajput, Stonydelph Health Centre, Ellerbeck, Stonydelph, Tamworth – 01827 899919

Dr. Yannamani, Stonydelph Health Centre, Ellerbeck, Stonydelph, Tamworth – 01827 897484

Dr. Yarra, the Surgery, 267 Lichfield Street, Fazeley, Tamworth – 01827 289512

Glasgote Heath Health Centre, Caledonian, Glasgote – 01827 251251

Heath View Medical Practice, Glasgote Health Centre, Caledonian, Glasgote, Tamworth – 01827 281000

Hollies Medical Practice, Tamworth Health Centre, Upper Gungate, Tamworth – 01827 68511

Laurel House Surgery, 12 Albert Road – 01827 69283

Peel Medical Practice, 2 Aldergate, Tamworth – 01827 50575

Polesworth Surgery, High Street, Polesworth, Tamworth – 01827 330321

Riverside Surgery, 41/42 Balfour, Riverside, Tamworth – 01827 66676

Stonydelph Health Centre, Ellerbeck, Stoneydelph, Tamworth – 01827 894012

Tamworth Health Centre, Upper Gungate, Tamworth – 01827 308810

The following services are specialist and available to services users who have been referred to them.

Assertive Outreach –

Lichfield – 01543 686224

Tamworth – 01827 308820

Child & Adolescent Mental Health Team

Lichfield – 01543 414555

Tamworth – 01827 51183

Clinical Psychologists

Lichfield – 01543 414555

Tamworth – 01827 308820

Community Support Team

Lichfield – 01543 686224

Tamworth – 01827 308820

Community mental Health for Older People

Lichfield – 01543 414555

Tamworth – 01827 308820

Community Psychiatric Nurses (CPN's)

Lichfield – Via your G.P.

Tamworth – Via your G.P.

Consultant Psychiatrist

Lichfield – 01543 415555

Tamworth – 01827 308820

Counselling and Psychotherapy Team

Lichfield – 01543 414555

Tamworth – 01827 308820

Crisis Intervention Service

Lichfield – Via your G.P.

Tamworth – Via your G.P.

Eating Disorders Service

Based in Stafford – 01785 221331

Peel Walk-In Unit – (Specialist unit for elderly mentally ill with long term care needs and/or challenging behaviour) 01827 66606

Primary Care Mental Health Workers

Tamworth – Via G.P.

The following services can be contacted by anyone and do not require a referral from a professional, although you may be advised by another professional to contact one of these services. Included in these services are both local and national agencies that can offer information, advice

and/or support either via the telephone or on the Internet.

Voluntary and Support Agencies

ADDICTIONS

ADFAM – (Advice to family & friends of users)
0207 7928 8900

Alcoholics Anonymous – 01904 644026
www.alcoholics-anonymous.org.uk

**Counselling for Involuntary Tranquilliser
Addiction** – (Helpline) Open: Everyday 9.30am–
5pm 0151 949 0120

Drinkline – 0800 917 8282

Drugscope – (National drug information charity)
0207 928 1211

Gamblers Anonymous – (24hr) 08700 50 88 80

Integrated Drug & Alcohol Service (IDAS) –
Tamworth: 01827 310040

Narcotics Anonymous – 02077 30 0009

National Drugs Helpline – 0800 77 66 00

Release – (Drug & legal advice service)
0207 729 9904

Re-Solv – (A solvents abuse helpline) –
0808 800 2345

Staffordshire Alcohol Advice Service -
01543 468667

ANXIETY AND PHOBIAS

First Steps to Freedom (Advice and support to
family & friends of people suffering with phobias,
OCD, Panic and borderline personality disorder)
01926 851 608 or www.first-steps.org

National Phobics Society – (Self help organisation
run by service users)

0870 7700 456 or www.phobics-society.org.uk

Night Time Anxiety Line – (Answer phone service)
10pm-10am 0808 808 0548

No Panic – Open: Everyday 10am-10pm Crisis line:
0808 808054 or www.nopanic.org.uk

Thanet Phobic Group – (A postal group that helps
with rehabilitation of stressed & phobic people)
01843 231 783

Triumph over Phobia 01225 330 353
www.triumphoverphobia.com

BEREAVEMENT

Bereavement and Family Services – Based at St
Giles Hospice, Fisherwick Road, Whittington,
Lichfield 01543 434536

Child Death Helpline – 0800 282986

CRUSE – Local Branch: 01543 433479
(answerphone)

National Helpline: 08701 671677 or
www.crusebereavementcare.co.uk

Survivors of Bereavement by Suicide (S.O.B.S) –
Tamworth: 01827 830679

National helpline: Open 9am-9pm 0870 241 3337 or www.uk-sobs.org.uk

Stillbirth and Neonatal Deaths Society

(S.A.N.D.S) – Open 9.30am-4pm, Mon to Fri: 0207 436 5881 or www.uk-sands.org

The Compassionate Friends – (Support for bereaved parents and families of a child of any age) 10am – 10.30pm: 0117 914 4368 or www.tcf.org.uk

BLACK AND ETHNIC MINORITY SERVICES

Chinese Mental health Association – Open: 9.30am-5.30pm 0207 613 1008 or www.cmha.org.uk

Nafsiyat Intercultural Therapy Centre – 0207 263 4130

Refugee Council – (Advice to rights, health access and other information) Open: 9.30am-5.30pm 0207 820 3000 or www.refugeecouncil.org.uk

CARERS

Carers Association Southern Staffordshire – 01785 606675

Outreach Worker: Lichfield: 01543 411514

Outreach Worker: Tamworth: 01827 839071

Young Carers Outreach Worker: 01785 607083
www.carersinformation.co.uk

Carersline – Wed and Thurs: 10am – 12pm and 2pm – 4pm. 0808 808 7777

Carers Support Group – (Cherry Orchard House): 01827 308820

Carers Support Service – Drop-in held at Burntwood Meeting Centre, once a month. 01543 674236

Carers UK – (Free advice line) Mon to Fri 9am-5pm: 0207 490 8818 or www.carersonline.org.uk

Mental After Care Association: (A charity providing community services) Mon to Fri 9.30am – 5pm: 0207 061 3400 or www.maca.org.uk

Staffordshire Crossroads: (Home based respite for carers) 01782 683141 or www.crossroads.org.uk

DEPRESSION

Association for Post Natal Illness – 0207 7386 0868 or www.apni.org

Depression (Action in Depression) – 01889 568440

Depression Alliance – Local Branch and Drop-in at Albert House, Albert Road, Tamworth: 01827 311505. National Helpline: 0207 633 0557 or www.depressionalliance.org

Fellowship of Depressives Anonymous – (Helpline) Open: 4 hours a day 0870 774 4320 or www.depressionanon.co.uk

Manic Depression Fellowship – Mon-Thurs: 9am-5pm and Fri: 9am-4pm 0207 793 2689 or www.mdf.org.uk

Postnatal Depression Support – 01889 568440

Seasonal Affective Disorder Association (SAD) – 01903 814 942 or www.sada.org.uk

DISABILITY SUPPORT SERVICES

Blind Association – Stafford: 01785 254572

Disabilities Association – Tamworth: 01827 260738

Disabilities Employment Advisor – Lichfield: 01543 513510

Tamworth: 01827 473451

Disabilities Resource Team – 01543 512350

Lichfield Voluntary Transport for the Disabled – 01543 306753

MENCAP Support Service – 01283 815 070

Polesworth Group Homes Ltd. – (Long stay and respite homes for people with learning disabilities) 01827 896124

Tamworth Monday Club for the Blind – 01827 59472

Tamworth Talking Newspaper – 01827 250667

DOMESTIC VIOLENCE SERVICES

Domestic Violence – Pathway Project – Offer a helpline and practical support. Lichfield: 01543 676800 or Tamworth: 01827 69154

Domestic Violence – Women’s Aid – (24 hour helpline) 01785 243333

National: 0845 702 3468

Domestic Incident Police Officer – 01785 235935

Victim Support – Local branch: 01543 301000

DROP-IN CENTRES AND SELF-HELP GROUPS

Albert House – Albert Road, Tamworth: 01827 311505

Carers Support Service – Drop-in held at Burntwood Meeting Centre, once a month. 01543 674236

Mentis – (A drop-in for people experiencing any mental health problems) Open Mon 10am-3pm at Minster Hall Youth Centre, Dam Street, Lichfield: 01543 264080

EATING DISORDERS

Eating Disorders Association Helpline - Mon to Fri 8.30am-8.30pm 0845 634 1414

Youth Helpline for ages 18 and under: Mon-Fri 4.30pm-6.30pm 0845 634 7650

Or www.edauk.com

FAMILY WELFARE

Family Focus – (support for families) 01889 579836

G.A.P Parent and Children Group – Based at Tamworth Early Learning Nursery, Basin Lane, Glascote (Support and advice for young parents, from pregnancy until the child is 5 years old) Contact via Midwife 01827 288495, Health Visitor 01827 250805 or the nursery nurse 01827 53343

Home-Start – (Support and advice for any family with a child under 5) Local: open 10am-4pm 01827 62400

National Helpline: 9am-9pm 08000 686 368 or
www.home-start.org.uk

National Childbirth Trust – 01785 257591

Parentline Plus – (information and support for families) 0808 800 2222 or
www.parentlineplus.org.uk

Relate – Lichfield: 01543 304858

Tamworth: 01827 709652

National: Immediate and brief information on 0845 130 4010 or telephone counselling service on 0845 130 4016 or www.relate.org.uk

Space To Talk – (A South Staffordshire Family Mediation Project providing a confidential environment for young people and families to talk about their feelings and help people talk together about the changes they would like to make)

Tamworth: 01827 314020

Sure Start – (Working with families in disadvantaged areas to give children the best start in life) Tamworth: 01827 261360 or
www.surestart.gov.uk

GENERAL

Citizens Advice Bureau – Lichfield: 01543 252730 or www.ldb.co.uk/cab/homepage.htm Tamworth:

Phillip Dix Centre 01827 709645 or

www.tamworthcab.co.uk or the national website on www.citizensadvice.org.uk

Community Chaplaincy – 01543 675014

Community Health Council – 01543 251030

Community Transport Services – Tamworth: 01827 709661

Lichfield & District Voluntary Car Scheme: 01543 303023

Debtline – 0808 800 4000

Gro-well Horticultural Scheme – 01543 677500

Job Centre Plus – (Advice on benefits and getting back to work as well as help completing job applications and C.V.'s) Lichfield: Guardian House, Rotten Row 01543 513510 Tamworth: 90 Saxon Mill Lane 01827 473400 or www.jobcentreplus.gov.uk

Legal Aid – (Advice and help with legal fees) Via Citizens Advice Bureau or Legal Services

Commission 0121 665 4700

Making Space 'Options' – (Help to access employment, leisure, education, training and volunteering) 01785 228622

Manna House Pregnancy Crisis Counselling – (Provides a specialist counseling service to people experiencing a pregnancy crisis, and also a general counseling service) – Open Mon 10am-2pm, Wed 5pm-8pm and Fri 10am-2pm. Other times are available by appointment. 01827 53013 or visit Manna House, based at 258-264 Glascote Road, Tamworth

Message Home Helpline – 0500 700 740

MESMEN Project – (Advice, support and drop-in groups for gay and bi-sexual men and women)

Local: 01543 411413

Mid Staffordshire MIND – 01543 462907 or
www.mind.org.uk
MIND information Line – 0845 766 0163
National Missing Persons Helpline – 0500 700
700
NHS Direct Helpline – (Advice and information from
NHS professionals) 0845 46 47 or
www.nhsdirect.nhs.uk
Mental Health Information in Staffordshire
www.staffordshirementalhealth.info
Rural and Emotional Support Team – (Supports
people who live in rural areas) 01785 255305 or
07970 170619
Police – Lichfield: 01543 414646 Tamworth: 01827
61001
Minorities Liaison Officer 01785 235936
SANELINE – (National mental health helpline)
12.00pm-2.00am 0845 767 8000 or
www.sane.org.uk
Samaritans – Local: 01827 709637
National: 08457 909 090 or www.samaritans.org.uk
The Samaritans offer a confidential e-mail service
admin@samaritans.org
South Staffordshire NHS Trust – (Provides
specialist mental health services in south
Staffordshire) 01785 257888
Shropshire and Staffordshire Health Authority –
01785 252233
**Social Services Specialist Mental Health
Services**

Lichfield & Tamworth Mental Health Team:
01543 414555
Emergency Duty Service (out of hours service):
01785 354030
**South Staffordshire mentally Disordered
Offenders Team:** 01785 257888
Staffordshire Mental Health Helpline – (Free
support and advice) Mon to Fri 7pm-2am and
Saturday & Sunday 2pm – 2am 0808 800 2234
Threshold – Run by Women for Women – (A
helpline answered by women that aims to answer
enquires from women who use mental health
services and want support in this area. It also offers
information to carers, friends and family) Open: Mon
& Wed 10am-12pm and 2pm-4.30pm and Tues
& Thurs 2pm-4.30pm 0808 808 6000
Victim Support – 01543 301000

HOUSING SERVICES

Bromford Housing Group – (Provide a support
service for particularly vulnerable people over a
period of 6 to 12 months) Tamworth: 01827 251900
or speak to your housing officer.
Focus Housing – (Hostel for young adults) 01543
415800
Homezone Housing Ltd. – 01543 420800
Lichfield District Council Housing Services –
01543 308711
Rethink Supported Housing Service, Stafford –
01785 610555
Shelter – (Helpline) 0808 800 4444

Tamworth Borough Council housing Services –
01827 709709

MEDICAL AND PHYSICAL CONDITIONS

Alzheimer's Society – 01889 577756 or 01543
263863 or www.alzheimers.org.uk

Arthritis Care – 01827 284892

British Epilepsy Association – 01902 784176

Cancer Support Group – Lichfield: 01543 683207
Tamworth: 01827 373305

Cerebral Palsy – 0808 800 3333

Dyslexia Institute – 01785 818783

HIV/AIDS Counselling – 01827 263829

HIV/AIDS (Staffordshire Buddies) – 01782 201251

Huntingdon's Disease Association – Either 01543
263415 or 01782 632905

ME Association – 01375 642466

ME Sufferers Support Group – 01785 816862

Multiple Sclerosis Society – 01827 286309

Myasthenia Gravis – 01827 66887

Parkinson's Disease Society – 01543 251918

OLDER ADULTS SERVICES

Age Concern – South Staffordshire: Office 01785
600603/5 or Information 01785 600610 or
www.ageconcern.southstaffs.org.uk

Tamworth: 01827 709649

National Helpline: Open 7am-7pm everyday 0800
009966

Age Concern Discharge Support Service –
(Hospital and community Support service) Victoria
Hospital, Lichfield: 01543 414555 extension 2445
Help the Aged – 0207 278 1114 or
www.helptheaged.org.uk

SCHIZOPHRENIA AND OTHER SEVERE MENTAL ILLNESS

Making Space – Local: 01785 228622
National: Open 9am-5pm 01925 571680 or
www.makingspace.co.uk

Rethink (the new name for NSF) – Local: 01827
311505

National Helpline: Open Mon, Wed, Fri 10am-3pm
and Tues & Thurs 10am-1pm 0208 974 6814 or
www.rethink.org

SERVICE DEVELOPMENT – HAVING YOUR SAY

**Advocacy Services (ASIST) and Advocacy
Training –** (Help in getting your views, opinions and
concerns heard) Lichfield: 01543 468588
Tamworth: 01283 564772

Council for Voluntary Service (CVS) – (Support
and develop voluntary activities in the community)
Lichfield: 01543 303030 Tamworth: 01827 709657

Mental Health Service User Network – (Promotes
the interests of service users across Mid and South
Staffordshire) 01543 301139

Patient Advice and Liaison Service (PALS) –
(Advice and support for patients, carers and their
families, listening to concerns and suggestions and

helping to sort problems quickly on your behalf)
Open: Mon to Fri 9am-5pm 01827 306111 ask to
speak to the PALS Co-ordinator.

Patient and Public Involvement Forum (PPI) –
(Making the views of patients and the public heard)
General enquiries: 0845 120 711 Recruitment line:
0845 120 7115 or www.maketimeforhealth.org
Tamworth Volunteer Centre – 01827 736090

SEXUAL ABUSE AND RAPE SERVICES

Emerge – Sexual abuse support service helpline:
Open Mon and Thurs 10am-1pm and 7.30pm-10pm
and Wed 10am-1pm 01785 225991

SARAC – Sexual Abuse and Rape Advice Centre
(Burton) 01283 517185

Victim Support – Local branch: 01543 301000

YOUNG PEOPLE

Anti Bullying Campaign – (Advice and Support)
0207 7378 1446

Childline – (Free helpline open 24hrs a day,
everyday) 0800 1111 or www.childline.org.uk

Connexions – (Information, advice and practical
support for 13-25 year olds in life, education,
careers, relationships, leisure, money and rights)
Tamworth: 01827 475580 or www.cxstaffs.co.uk

Space To Talk – (A South Staffordshire Family
Mediation Project providing a confidential
environment for young people and families to talk
about their feelings and help people talk together

about the changes they would like to make)
Tamworth: 01827 314020

Young Minds – (Advice, information and support)
Open Mon & Fri 10am-1pm and Tues, Wed, Thurs
1pm-4pm 0207 336 8445 or
www.youngminds.org.uk

Mental Illness and The Police

People with a mental health problem (and/or learning
disability) have a right to be dealt with by the police in a way
that takes this into account. If you come into contact with the
police and you have a mental health problem you should tell
the police immediately.

There are several ways you may come into contact with the
police a) as a witness; b) as a victim; c) as an offender; or d)
having been detained under section 136 of the Mental Health
Act.

If you witness an incident, for example, a road accident or
assault, or you are the victim of a crime; the police may need
to take a written statement from you. If you have a mental
health problem or a learning disability the police should
ensure that before taking a statement from you that an
'appropriate adult' is present. This person is there to help
with communication and to see that you are fairly treated.
He/she can be a friend or relative, a social worker or another
appropriate person.

If you are detained at a police station as a suspected
offender, you have certain rights under the Police and
Criminal Evidence Act (PACE) 1984. These include a) free
and independent legal advice; b) to be examined by a doctor;

and c) to assistance from an appropriate adult if you are a vulnerable person or have a mental illness.

Under section 136 you may be kept in a police station as a place of safety if you are found by a police officer in a public place acting in a way that leads him/her to believe you are mentally disordered AND in immediate need of care and control in your own interests or for the protection of others. The purpose of section 136 is to enable the police to arrange for you to be assessed by an approved social worker who has additional responsibilities under the Mental Health Act.

If you are held at a police station under these circumstances you have the same rights as if you were arrested for an offence and held at a police station (see above). While being held in a police station under Section 136 you will have rights under both PACE and the Mental Health Act. You must be kept informed of these rights (in the presence of an appropriate adult).

You have a right to look at the terms set down in PACE if you wish and should ask to see them if you want to know more.