

Crisis Resolution Intensive Support Service (CRISS)

Peer Support Service



What is CRISS?

CRISS provide intensive support as an alternative to hospital for people who are experiencing a mental health crisis. When working with a peer support worker this may mean face to face visits at home or another location, or telephone and video calls.

Why have I been referred?

You will be referred to CRISS if you need urgent mental health assessment and support. This may be your first experience of mental health distress or a relapse of an already existing illness.

Peer Support Team

We are peer support workers and have lived experience of mental health challenges. We use these experiences positively to help others on their recovery journeys through listening and empathy.

How will a peer support worker help me?

- Coping strategies
- Regular contact
- Sharing lived experience
- Signposting to further support
- Practical support
- Relapse prevention work

For more information visit call **CRISS** on **0113 85 56191** or visit www.leedsandyorkpft.nhs.uk/our-services/srvices-list/criss