

### Additional online support

The MindWell website is a single go-to place for information about mental health in Leeds. It includes telephone support numbers, places you can go in an emotional crisis, and support for issues like bereavement, debt, homelessness and alcohol or drug use. It also gives quick and easy access to information about common mental health problems and self-help resources.

[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

This printable card was produced by Leeds City Council for when you feel like you've had enough. Simply type this link into your internet browser and you'll see a useful list of phone numbers for different services such as bereavement support, problem gambling advice, peer support for men, the Samaritans and much more.

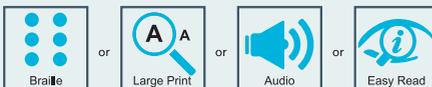
[www.leeds.gov.uk/docs/CrisisCard.pdf](http://www.leeds.gov.uk/docs/CrisisCard.pdf)

# Crisis Resolution Intensive Support Service (CRISS)



#### Would you like this information in an alternative format?

For a translation of this document, an interpreter, a sign language interpretation or a version in:



please contact the Interpretation and Translation Support Team on 0113 85 56418/9 or [translation.lypft@nhs.net](mailto:translation.lypft@nhs.net)

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**What is the Crisis Resolution Intensive Support Service (CRISS)?**

We provide intensive support at home for people who are experiencing a mental health crisis.

**Why have I been referred to you?**

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

**What should I expect?**

First of all, we'll talk to you about the difficulties you're experiencing and work with you to develop a plan of care that's tailored to your needs.

We might only need to see you once to help you access support, or we might visit you more regularly such as daily or multiple times a day. This support may be over a few days or weeks dependant on your needs, reducing our visits as you improve.

**24 hours a day  
7 days a week  
365 days a year**

**How will the service help me?**

We'll give you extra support in a time of crisis to avoid hospital. We'll listen and talk to you about how you're feeling. Treatment includes:

- Practical support
- Medical treatment and monitoring
- Psychological therapies
- Coping strategies
- Relapse prevention
- Support for carers and family members

**How can I contact you?**

For more information please don't hesitate to phone us on **0113 85 56191**.

We value your feedback so that we can deliver the best care possible. If you have any compliments or concerns, please speak to a member of our team or request to speak to a clinical team manager. If your issue is not resolved, you can make a complaint via our website: [www.leedsandyorkpft.nhs.uk/contact-us](http://www.leedsandyorkpft.nhs.uk/contact-us)

We understand this may be a difficult time for you and your family or carer so please speak to us if you have any questions; we want to support you in the best way possible.