



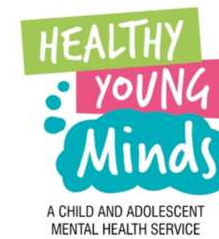
Getting Risk Support

In Bury its our vision to develop a Children's mental health offer that is understood and easy to access. To support us in this we will begin to develop our Thrive model. As part of our combined endeavours to support the wider system as we move out of this lock down, we have mapped resources and support across the Thrive quadrants, these look like this

- *Thriving: support to maintain mental wellbeing*
- *Getting Advice: those who need advice and signposting*
- *Getting Help: those who need focused goal-based input*
- *Getting More Help: those who need more extensive specialised goals-based help*
- ***Getting Risk Support: those who have not benefitted from or are unable to use goals-based help but are of such a risk that they are still in contact with service***



Getting Risk Support



Urgent Crisis Concerns

- Contact duty worker at Bury HYM (**0161 716 1100**) who will advise most appropriate action & /or liaise with family if immediate action/info required.
- Urgent mental health assessments at Fairfield A&E and North Manchester Paediatric Ward (during office hours)
- Urgent assessments mental health and risk assessments
- HYM will then consider if the GM Crisis care pathway can support



Getting Risk Support



GM Crisis Care Pathway

A young person experiencing a crisis may be a threat to themselves or others through self-harm, suicide, or aggression. They may be highly vulnerable to danger, seeking help from people who may harm them, mis-using drugs, and alcohol, and behaving in a reckless, risky way.

The pathway provides - An on-call rota to ensure medics are available 24 hours a day, seven days a week.

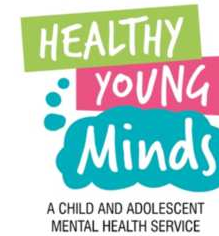
Rapid response teams Bury is aligned to the North team. Providing risk assessment and management if you are experiencing a mental health crisis. The team provide risk assessment and management for young people who are experiencing a mental health crisis. They continue to support individuals, along with the family, for up to 72 hours - working with them to create a crisis plan

The safe zones are provided by national charity The Children's Society, who are working in partnership with local charities: Bolton Lads and Girls Club, Manchester Youth Zone and 42nd Street. Who will provide appropriate support and advice. In addition, support will also be provided to parents and carers to help with mental health crisis.

If aged 13 to 18 years, the young person will be referred to the safe zones by crisis care pathway partners, the rapid response teams, community child and adolescent mental health service (CAMHS) teams and mental health liaison services; who work in partnership with accident and emergency teams. The safe zones are in four locations across Greater Manchester and if required they can support online, in a virtual manner. The safe zone team provides short-term interventions, including tailor-made sessions which meet identified needs, with practical sessions to get to know the young person. The activities encourage talking and participation and are planned to support the journey towards wellbeing, over a period of several weeks. To work effectively with individuals, and to support referring services, the safe zone team is available across extended hours, seven days a week.



Getting Risk Support



Assessment We provide a central point for assessing whether you need inpatient mental health care, or if an alternative solution would better meet your needs. If you are admitted for an inpatient stay, we also work with you and the inpatient team to make sure you are discharged as soon as possible.

Crisis Help lines

NHS urgent mental health helplines are for people of all ages NHS service search: find an urgent mental health helpline (<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>)

NHS 111 advice online If you need help urgently but are not at risk of death or serious illness, use the **NHS 111** non-emergency advice online. (<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/>)

The Mix: online emotional health and wellbeing support. Free Helpline: 0808 808 4994 7 days a week from 4pm to 11pm Crisis Messenger: text THEMIX to 85258. www.themix.org.uk

Shout: 24/7 FREE text service, for anyone in crisis, if you're struggling to cope and you need immediate help. Text GMBURY to 85258 www.giveusashout.org

Samaritans: for anyone struggling to cope and provide a safe place to talk.

FREE Helpline: 116 123 (open 24 hours a day) Email: jo@samaritans.org www.samaritans.org

Papyrus: information and advice for young people who may be at risk for harming themselves. FREE HOPELINEUK: 0800 068 41 41Text: 07860 039967Email: pat@papyrus-uk.org www.papyrus-uk.org

Campaign Against Living Miserably (CALM) – for men Call 0800 58 58 58 – 5pm to midnight every day .[The Calm Zone](http://www.thecalmzone.net/) (<https://www.thecalmzone.net/>)