

Who can refer to Safe Harbour?

- Home Treatment Team
- Community Mental Health Recovery Service
- Recovery & Connect
- Safe Havens
- Psychiatric Liaison
- GPs

Safe Harbour will accept 6 clinical referrals a week through the following pathways, by secure encrypted email or by contacting Safe Harbour Admin using SABP email.

Contact us



safeharbour@catalystsupport.org.uk



catalystsupport.org.uk

Safe Harbour

Referrals only, mental health
preventative support service



What is Safe Harbour?

The Safe Harbour pilot is a response to a system need to reduce the presentations of people in mental health crisis in inappropriate settings. The aim of the Safe Harbour is to provide service users with a programme of support and psycho-social education which:

- Reduces the frequency and severity of mental health crises these users may experience; and
- Provides them with alternative strategies for de-escalation when they do reach crisis.

Who is Safe Harbour for?

Safe Harbour is for clients who frequently attend A&E, or people identified by the Home Treatment Teams, or Community Mental Health Recovery Services of being at risk of ending up at A&E.

Inclusion criteria

- The service is for adults 18+ who have been identified by the referral agencies as those requiring ongoing support in preventing themselves from escalating into crisis and assessed at not requiring clinical intervention or hospital admission at the time of referral.

Exclusion criteria

- Requiring clinical treatment or hospitalisation
- High risk to themselves, staff, or others
- Anyone under the age of 18

Clients would not be eligible to attend the service if they are in a state in which they cannot meaningfully engage in a productive way, for example clients attending while under the influence of drugs (prescribed or otherwise) or alcohol.

What support is available at Safe Harbour?

Safe Harbour will provide a face-to-face service between 9am - 6pm, 365 days a year, and will offer:

- Up to 6 weeks, per client, rolling programme with open access
- Quiet Space
- Preventative work – around areas such as sleep hygiene, mindful cooking, creating a plan of resources for a crisis
- One-to-one support
- Group work
- Peer Support/Group
- Activities
- Gardening
- Art

- Onward referrals to more holistic support such as Community Connections
- Crisis intervention and action planning for each individual, where immediate next steps are agreed, including agreement around any further support planning
- Provision of information and support around crisis prevention for people who use services and their families and carers, signposting into other relevant and appropriate services, or agencies
- Preventative work to build resilience and manage crisis without the need for clinical intervention to avoid escalation
- Facilitating access to other services and activities and longer-term support to prevent A&E and hospital admissions.

The service will not offer:

- Any CQC regulated activities.
- Any type of personal care
- Any medication control, or management
- Any type of clinical intervention/therapy
- Long term support

