Staff Psychological Support Services: Online Self-Referral Flowchart

NHS
University Hospitals Sussex
NHS Foundation Trust

Crisis information for individual in need of immediate support:
https://bit.ly/3NjXNgt

Individual to browse self-help guides, leaflets & worksheets
https://bit.ly/3pjAZFM

For a paper copy please contact:

Worthing, St Richards, Southlands Hospitals
01243 788122 ext. 31624

Royal Sussex County, Brighton General,
Princess Royal Hospitals:
01273 696555 ext. 63692

Complete self-referral:
https://bit.ly/43SO8oI

Self-referral acknowledged within 48hrs:
- Self-assessment form issued
- Completed self-assessment to be returned within 10 working days

Self-referral received: Service open 9am–5pm Monday–Friday

At 10 working days: reminder email to return self-assessment form within 5 days
- If no response within 5 days email sent to remove from waiting list

Completed self-assessment received by service within 10 working days

Self-assessment acknowledged:
- Individual placed on waiting list for assessment appointment
- Bespoke resources offered to support individual while on waiting list

Service to review self-assessment

Individual contacted within 6 weeks and thereafter to discuss appointment and support options whilst on waiting list

Crisis flagged on self-assessment?

Not suitable for the service

Therapy determined and agreed from options below
(delivered via: face to face / telephone / Microsoft Teams)

Individual contacted within 48hrs to signpost accordingly

Individual contacted within 48hrs to discuss off-site referral options

Counselling contract & wellbeing check list emailed to be completed and returned by booked appointment

Off Site Referral:

Long Term Specialist Therapy

Addiction

Abuse

Eating Disorder

Customised Individual Intensive Trauma Therapy

CBT (Cognitive Behaviour Therapy)

& EMDR (Eye Movement Desensitization and Reprocessing)

Individual Therapy (6 sessions)

Mild-moderate interventions

Specialised Group support:

Debrief / mediation

Therapist & Individual review therapy: 6 weeks - Evaluation form emailed to individual to complete & return