

## Contacting the Crisis Resolution and Home Treatment Teams

### Cheltenham, Tewkesbury and North Cotswolds

Lexham Lodge  
Copt Elm Road  
Cheltenham  
GL53 8AG

### Stroud and Cotswolds

Park House  
Park Road  
Stroud  
GL5 2JG

### Gloucester and Forest

18 Denmark Road  
Gloucester  
GL1 3HZ

[www.2gether.nhs.uk](http://www.2gether.nhs.uk)

# Crisis Team Number

# 0800 169 0398

## Become a member

Anyone aged 11 years or over can become a member of the our Trust.

With your help and feedback we can continue to develop our services, tackle stigma and challenge discrimination.

**Membership is free.**

For more information on becoming a member telephone 01452 894000 or visit [www.2gether.nhs.uk/membership](http://www.2gether.nhs.uk/membership)



If you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester, GL1 1LY. You can email us at [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk) or call us on 01452 894007.



# Crisis Resolution and Home Treatment Teams

## About us

The Crisis Resolution Home and Treatment Teams (CRHTT) offer support and advice at times when you need an increased level of care.

## What is a 'crisis'?

A crisis is when your mental health deteriorates and you find your usual coping strategies not working. At this point in time you may need extra care and support.

## What is home based treatment?

Home treatment means the CRHTT may visit you at least daily for a period of up to six weeks. We support you in your own home and so prevent hospital admission, unless this is required.

We can help talk through any problems you have and support you with any treatment which has been prescribed. Members of our team can also help you with any activities you are having difficulty with such as getting to appointments or jobs in your home.

## How does home based treatment work?

If your GP or Care Co-ordinator feel you are unwell and need extra support they will contact CRHTT and we arrange to see you. This will often be with your Care Co-ordinator, family member or carer.



A plan of care will be agreed and reviewed on a regular basis. This helps you to understand how we will help.

Once you start to feel better the frequency of our visits will reduce gradually and finally you will either be referred to another team for ongoing care or discharged.

## We're always here to help

We support you to stay in your community, surrounded by things that are familiar to you. This will help your recovery.

Our service can be contacted 24 hours a day, seven days a week. We will return your call within an hour if required, and will carry out assessment within 4 hours.

Our telephone numbers are on the back of this leaflet.

## I am being admitted to hospital for further help, what is going to happen?

If you continue to feel unwell we will work closely with the staff at Wotton Lawn Hospital to arrange a hospital admission.

This will be in discussion with you and any significant others involved in supporting you.

We also help you to return home as quickly as possible and will if necessary support you on your discharge.

## Who will look after me?

Our teams consist of several members of staff including Nurses, Social Workers, Psychiatrists and Community Support Workers.

You will have contact with a number of team members during our involvement. As our service is available seven days a week our staff work shifts.

The team will try to ensure there is continuity in who you see but this is not always possible. If you are finding this difficult please discuss it with the team.

## While you are in our care we will:

- closely monitor your mental health
- offer support, education and advice to your family/carer
- give practical support and assistance with daily activities
- assist with your medication management
- help you adopt effective coping strategies

