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यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रेल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

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NHS

Cheshire and Wirral
Partnership
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Wirral Complex Needs Service

A guide for service users

The Complex Needs Service is a mental health team that is able to offer a variety of medical, psychological and social interventions that are suitable for clients with an existing or likely diagnosis of a Personality Disorder and/or Complex Post Traumatic Stress Disorder.

Helping people to be
the best they can be

Introduction

Welcome to the Complex Needs Service. This booklet contains information which we hope you will find useful.

Understanding your assessment

Your assessment with the complex needs service can help you to understand why you feel the way that you do. Working together with a practitioner from the team can help you to make sense of your experiences. This is a joint effort between yourself and the practitioner and might include talking about:

- How you feel at the moment
- What's going on in your life now
- When the difficulties or distress started
- Key experiences and relationships in your life
- What these relationships and experiences mean to you

The assessment can help to identify what changes can lead to a more meaningful life and in what way our service might be able to support you.

The service provides the following:

- Psychological assessment and consultation
- Access to multi-modal therapies including Dialectical Behaviour Therapy, Structured Clinical Management and Mentalisation Based Therapy
- Access to psycho-educational material and interventions relevant to a range of related, common mental health problems, such as anxiety and depression.
- Access to one to one therapy
- Medical management and advice around medication issues
- Access to specialist training workshops on personality disorder
- Provision of a range of practical and social support via the use of Recovery Mentor.

There are additional leaflets that outline some of the interventions within this list, please ask a member of staff for details.

The team is comprised of:

- A Psychotherapist
- Psychologists
- Nurses
- A Recovery Mentor
- A Lived Experience Volunteer

We can provide assessment and medication review with a Psychiatrist via the Community Mental Health Teams

During your treatment, you may come into contact with different members of the Team in order to improve your coping skills. Treatment with the Wirral Complex Needs will be offered on a time limited basis, appropriate to your need.

What type of clients might benefit from the Complex Needs Service?

- People who meet the diagnostic criteria for personality disorder or complex post-traumatic stress disorder
- People who struggle with existing services and frequently visit their GP or A&E
- People who may display significant levels of risk to either self or others
- People who have difficulty in managing high levels of emotional distress.

Please note that there may be a waiting list for assessment and therapy

Our contact details:

St Catherine's Hospital, Stein Centre, Derby Road,
Birkenhead, CH42 0LQ

Opening hours:

Monday to Friday – 9am-5pm (excluding public holidays)

Tel: 0300 303 3157