

# Planning for my discharge

## Information for patients



Children's Hospital  
School Leicester



Name:

Date:

**CAMHS Inpatient Service - The Beacon**

**[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)**

**Email: [feedback@leicspart.nhs.uk](mailto:feedback@leicspart.nhs.uk)**

## My outpatient information

My follow up

appointment will be:

This will take place at:

My consultant will be:

My lead professional is:

Will I have a follow up with the crisis team?

Yes

☐

No

☐

(Please tick)

## Contact details for my outpatient team

Name:

Phone Number:

Email:

Address:

Which other professionals are involved in my care:

Appointment with	Date and time	Venue

## This is what other people said helps them when things get tough...

### Do something fun

Watch your favourite film/  
TV show

Watch Netflix

Watch something on  
YouTube

Colour

Draw

Use a fidget spinner/toy

Do a puzzle book

Go shopping

### Be with others

Phone a Friend

Go somewhere with  
someone (walk to the park)

Sit on the sofa with  
parent/carer

Hug someone

Talk about your problems  
with someone listed on your  
'social network'

Be around others

### Physical activity

Go to the gym

Go for a walk/jog

Throw a ball

Stomp your feet

Punch a punch bag

Stress ball

### Comforting yourself

Have a shower or bath

Play with a pet

Have a hot drink

Cuddle something fluffy

### Keep busy

Do school work

Organise yourself – photos/memories/your room

Read

Cook/bake

## An example of a safety plan

When you are feeling unsafe, follow the plan one step at a time until you are safe. Remember, these feelings **will** pass.

### 1 What things make me feel out of control?

**Be mindful of your triggers**  
this could be particular places, people, feelings or memories  
Supermarkets  
Public transport (buses)

### 2 What ways of coping have I used in the past that have been helpful?

Listening to music  
Going for a walk  
Baking

### 3 People and places that are a good distraction for me

Include contact details  
My best friend  
Laura - 07643996221  
Visiting the local park or spending time in the garden  
Speaking with the people I live with, people in my family or my carers

### 4 People that I can ask for help

Include contact details. Help others to help you; be clear with them.  
Auntie Jo - 0116 234 5632  
Key worker- Emily - 07513267438  
Teacher at school - 01530465463

### 5 If I feel like harming myself or doing something that puts me at risk, I will do one of the following

Put some music on  
Have a bath  
Do some colouring  
Phone a friend

### 6 If the plan does not work and I still feel like harming myself, or putting myself at risk then I will do at least one of these things:

- Contact my CAMHS worker/duty clinician
- Phone the Samaritans on: 0116 123007 (Free 24hr confidential helpline)
- Call Childline on: 08001111 (Free helpline for children and young people in danger)
- Text Chat Health: 07520615387 (11-19 text service with school nurses, Mon-Fri)

**In case of an emergency, visit the local Accident and Emergency Department or if you feel too unsafe to make your way there, call 999.**

# An example of a safety plan

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## 1 What things make me feel out of control?

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this could be particular places, people, feelings or memories

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**If the plan does not work and I still feel like harming myself, or putting myself at risk then I will do at least one of these things:**

- Contact my CAMHS worker/duty clinician \_\_\_\_\_ (Mon-Fri 9am-5pm)
- Phone the Samaritans on: 0116 123007 (Free 24hr confidential helpline)
- Call Childline on: 08001111 (Free helpline for children and young people in danger)
- Text Chat Health: 07520615387 (11-19 text service with school nurses, Mon-Fri)
- Contact Young Minds: 08088025544 or youngminds.org.uk (Mon-Fri 09:30-4pm)
- Get in touch with Kooth at: <https://kooth.com/> (online counselling)

**In case of an emergency, visit the local Accident and Emergency Department or if you feel too unsafe to make your way there, call 999.**

# Planning for the week ahead

## Example timetable

W O R K  
H A R D  
P L A Y  
H A R D

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	School	Walk dog	School		School		Meet up with friends
Afternoon	School	Homework	School	Homework	School	Go for a walk	
Evening	Relaxation	Meet friends	Relaxation	Take a bubble bath	Relaxation		

# Planning for the week ahead

W O R K  
H A R D  
P L A Y  
H A R D

## Blank timetable - week beginning:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

## Let's talk about sleep....

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### Why do we sleep?



A good night's sleep has a positive impact on the **brain** and body, improving performance and productivity.



Sleep affects your **physical appearance** as well as your mood, **mental health** and your memory.



It is recommended to not use any **screen technology** one hour before bedtime.



11-16 year-olds are recommended to get **8-10 hours sleep a night**.



When it's dark our bodies produce a hormone called **melatonin** which tells our bodies it's time to sleep.



**Physical activity** during the day improves your sleep.



## Some top tips to get better sleep

### Keep regular sleep hours

- Go to bed when you feel tired.
- Get up at roughly the same time each day; this helps teach your body to sleep better.
- Avoid napping where possible.



### Confront sleeplessness

- If you are unable to sleep, don't force it.
- Get up and do something relaxing for a bit.
- Move to a different location, away from your bed area.
- Return to bed when you feel sleepier.



### Create a restful environment

- Ensure that your bed area is dark, quiet and cool.
- Make sure your bed is comfy-some people find having nice bedding and comfy pillows helps them to sleep better.
- Make sure the room you sleep in is clear from mess and clutter - this helps to clear the mind, making it easier to fall asleep.



### Write down your worries

- Set aside some time before you go to bed to make a list for the next day.
- Write down any worries/thoughts and feelings you are experiencing so that you can return to them the following day. This can help to put your mind at rest.



### Move more, sleep better

- Being active can help you sleep better.
- Why not try a 30 minute walk each day or take up a new sport.
- Remember to avoid vigorous activity near bedtime as this can often keep you awake.



### Put down the pick-me-ups

- Try to cut down on caffeine as this can stop you falling asleep and prevent deep sleep.
- Avoid caffeine close to bedtime.



**“No matter how hard today is,  
tomorrow is a new day”**

**“Don’t be afraid to ask for help!”**

**“Be kind, we are all  
going through different things”**

**“It’s OK to have bad days,  
it is all a learning curve”**



## Contact details of support networks

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### 1 YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors

### 2 Childline

- [www.childline.org.uk](http://www.childline.org.uk)
- If you're under 19 you can confidentially call, email or chat online about any problem big or small
- Freephone 24h helpline: 0800 1111
- Sign up for a childline account on the website to be able to message a counsellor anytime without using your email address
- Chat 1:1 with an online advisor

### 3 The Mix

- [www.themix.org.uk](http://www.themix.org.uk)
- If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
- Freephone: 0808 808 4994 (13:00-23:00 daily)

### 4 Getselfhelp.co.uk

- Useful factsheets and resources

### 5 “Young Minds” website

- Lots of resources and useful links about young people's mental health

### 6 “Calmharm” app

- Free to download
- Calm Harm is an award-winning app using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).
- Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

## 7 “Healthy Young Minds” website

- Lots of helpful information and resources, links to some helpful mindfulness/ support apps including- “MindShift”, “Mood Tracker” and MoodGYM”.

## 8 The Samaritans

- Free helpline, confidential advice 24/7: Call 116123 or email [jo@samaritans.org](mailto:jo@samaritans.org) (response within 24 hours)

## 9 Kooth.co.uk

- Online counselling service, free and confidential. Services include:
  - Chat to our friendly counsellors
  - Read articles written by young people
  - Get support from the Kooth community
  - Write in a daily journal

I will share this booklet with:

Signed:

Date:

**If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.**

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