



The Neuk

Mental Health and Suicide Prevention Centre



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Improving Mental Health in Perth and Kinross

Presentation to the Integrated Joint Health Board
29th November 2023



Introduction



Wendy Given Chief
Operational Officer



Shirley Stoddart
Service User
Ambassador



A Safe Place

The Neuk Mental Health Crisis Centre

INDEPENDENT EVALUATION

Prepared by: Social Research
Solutions

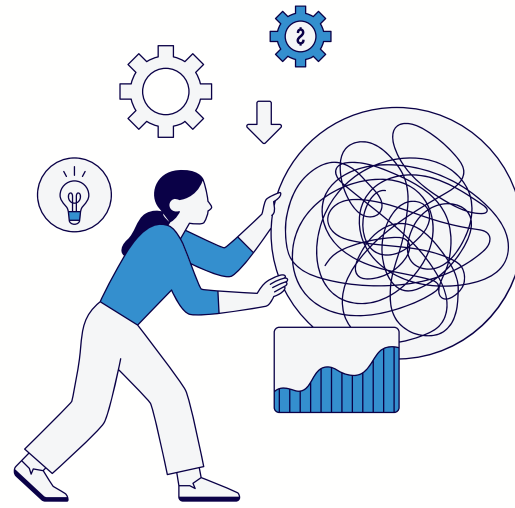


February
2023



Councillor Grant Laing, Leader
of Perth and Kinross Council,
speaking at the official Launch

Thank you to those of you that attended the day

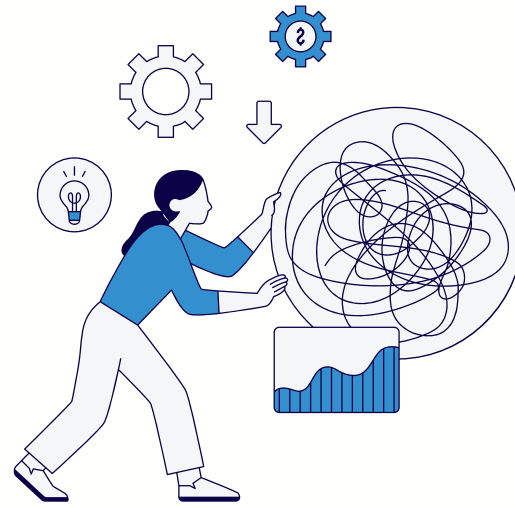


The Neuk Mental Health Crisis Service



Early Intervention and Prevention

Crisis stabilisation is The Neuk's mental health intervention method, providing immediate and short-term assistance to individuals who are experiencing emotional and psychological crisis.



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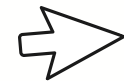
The objective is to aid individuals in regaining control over their thoughts and emotions, ensuring their safety, and avoiding further escalation of the crisis, reducing the burden on NHS services.

Crisis Stabilisation Key Aspects



Immediate Support →

Providing emotional support and a safe environment for people to express their feelings and thoughts without judgement.



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Safety Planning



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Safety Planning → Strategies for coping with distress, identifying support systems, recognise and support with avoiding triggers.

Short Term Interventions → Stabilise mental and emotional state. Use a variety of methods, CBT, Decider, Prescribing lifestyle medication etc.

Managing Life's Challenges: Key Skills

Emotional Awareness

Recognising and managing emotions, from happiness and contentment to sadness and anger.

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Sense of Purpose

Create opportunities for learning and growth to help with good mental wellbeing.

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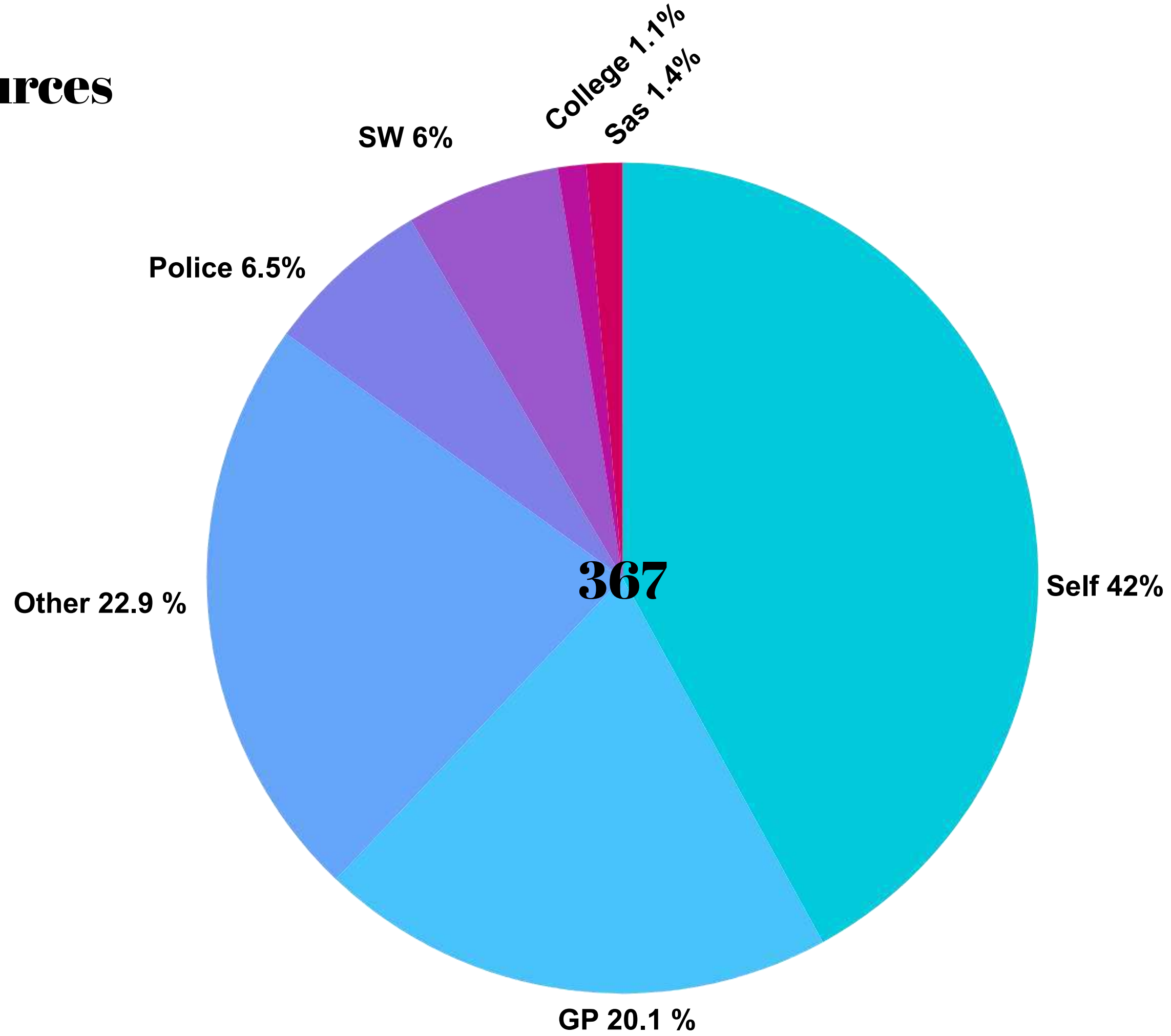
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Problem Solving

Approaching problems with a solving mindset and consideration for different viewpoints.

Referral Sources



6 month figures Apr-Nov 23

SUPPORT DELIVERED

121
WELLBEING
SESSIONS

2615

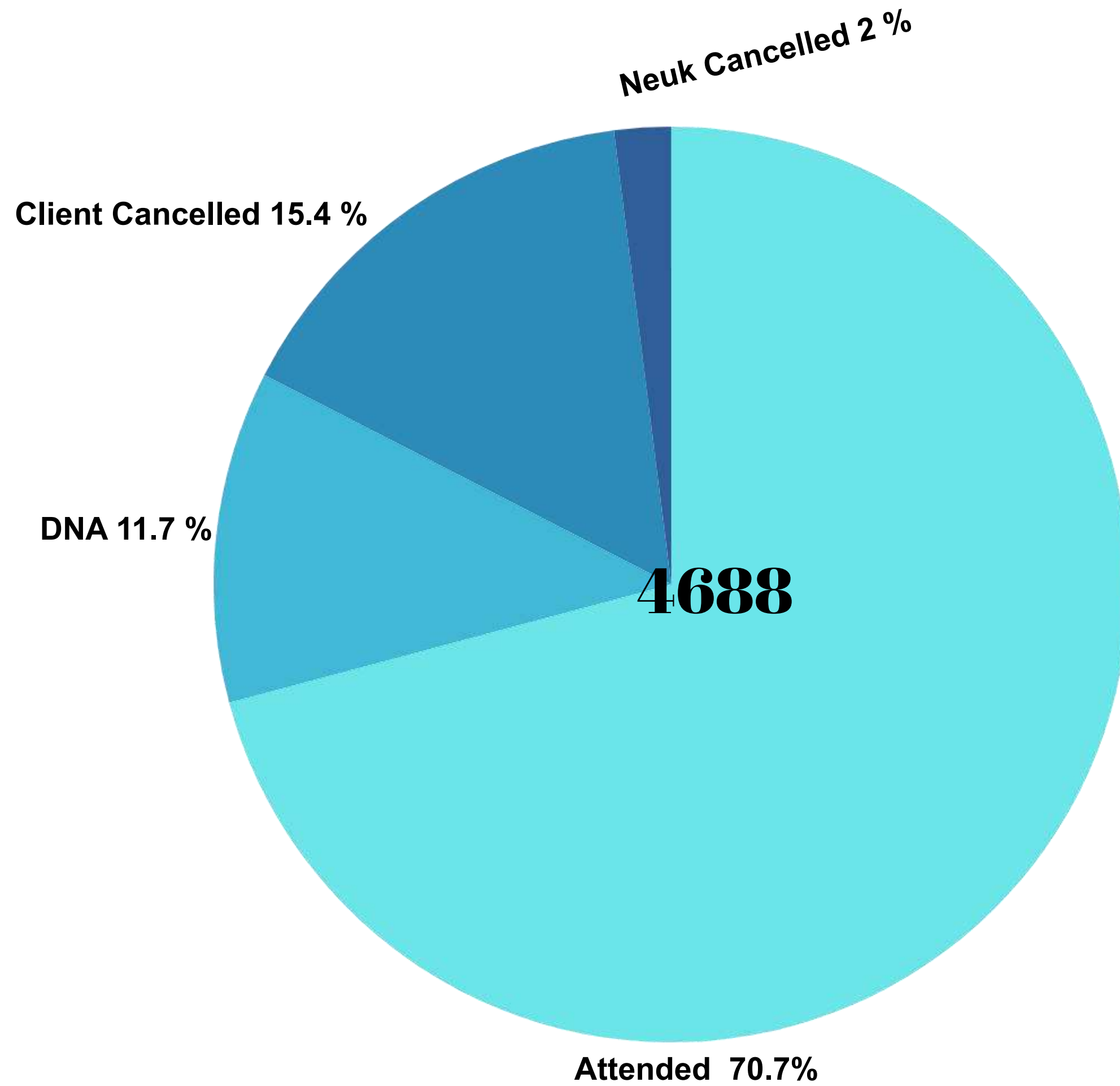
TRAUMA
COUNSELLING

320

HYPNOTHERAPY

380

Uptake





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- Positive emotions - feeling contentment and joy.
- Increased motivation - better engagement in daily life.
- Increased self confidence - more positive self image.
- Reduced Symptoms - less anxiety, mood swings and depression.

Shirley's Feedback



people within The Neuk are absolutely amazing and they are lifesavers.

Our Call to Action

Our mission is to extend a lifeline to those in need, eradicate the stigma surrounding mental health and suicide, and build a stronger, more resilient community. By fostering hope, offering accessible immediate support, we aim to transform lives and make a profound impact on mental well-being in our community.

[#NeukForHope](#) [#MentalHealthMatters](#) [#TransformingLives](#)