



# Discharge from Psychiatry UK

We are writing to notify you that you have been discharged from our service. This means that responsibility for your care will now be transferred back to your GP.

## Reasons for discharge may include:



**You may still feel as though you require further advice or support, and it would be a good idea to discuss this with your GP.** We have also suggested some organisations that provide useful information and resources that may help you move forward.



# Additional resources are available

## What to do in a mental health crisis:

Call 999, 111 or seek help from your local Mental Health Crisis Team.

[Click here](#)

If you feel that you might not be able to keep yourself safe, please go to the nearest A&E. There will be mental health help available for you.

## Self-Referral for NHS provided therapy:

NHS - Find an NHS psychological therapies service (IAPT)

[Click here](#)

## Samaritans: 08457 90 90 90

The Samaritans service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

## Mind: For better mental health: 0300 123 3393 (Mon – Fri 9am-5pm)

Mind provides information on a range of topics, including: types of mental distress, where to get help, drug and alternative treatments. They also provide details of help and support in your local area.

## ADHD resources

### AADD-UK

The site for and by adults with ADHD

[Click here](#)

### ADDA

Empowering adults with ADHD

[Click here](#)

### ADDISS

ADHD Information Services

[Click here](#)

### How to ADHD

Though not an official resource, you may find the advice shared on this YouTube channel useful

[Click here](#)

### PsychCentral

What the ADHD iceberg may reveal about your symptoms

[Click here](#)

### ADHD Centre

Practical ideas to relieve ADHD symptoms

[Click here](#)

Disclaimer: These resources are shared to provide information and help with your reported symptoms/presentations. This does not confirm a diagnosis.