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| **PRIVATE AND CONFIDENTIAL** | **Gender Identity Clinic**179-183 Fulham Palace RoadLondonW6 8QZ**Tel:** 0208 938 7590**Fax:** 0208 150 7862**Web:**https://gic.nhs.uk

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| **Our Ref**: **Date:**  |

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**Re: DOB:**

**Address:**

**NHS No: Referral date:**

We are sorry to hear that you are struggling at the moment. We do care very much that you are safe and well.

Unfortunately, as we are a specialist gender clinic, we do not offer a crisis service, and we cannot provide the type of support that local services can provide. For this reason people with severe mental health issues need to be under local services so that they can be supported there alongside their care here.

Please note that we cannot expedite referrals for patients who are suicidal or self-harming.

Even though it can seem hopeless sometimes, help and support for your difficult thoughts and feelings is available. Please don’t struggle alone. Things you can do include:

**Talk to someone you trust:**

Do let family or friends know what's going on for you. They may be able to offer support and help keep you safe. There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

**Have you harmed yourself?**

If you have seriously harmed yourself – for example, by taking a drug overdose – call 999 for an ambulance or go straight to A&E. Or ask someone else to call 999 or take you to A&E.

**Some simple tips for getting though the next while:**

* Stay away from drugs and alcohol – they tend to make things worse.
* Get to a safe place, like a friend's house.
* Be around other people.
* Do something you usually enjoy, such as spending time with a pet.
* Try to focus on just getting through today, leave tomorrow for tomorrow.

Sometimes it’s not about solving everything, it’s just about getting through today so you can find the resources to manage the problem. On the other side of this letter, you will find more information about managing suicidal thoughts/feelings and self-harm. This includes a safety plan and contact details for professionals or agencies who can help.

Yours sincerely,

Screening Team

Gender Identity Clinic

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| **Managing self-harm and thoughts of suicide** |
| **SAFETY PLAN** |
| **Warning signs** (thoughts, images, mood, situation, behaviour) that things are getting worse. |  |
| **Ways of coping**: things that I can do on my own to take my mind off my problems (for example, relaxation techniques, exercise, watching TV). |  |
| People I can contact for distraction or support. | Name: | Phone: |
| Name: | Phone: |
| Name: | Phone: |
| Place: | Place: |
| **PROFFESSIONALS OR AGENCIES I CAN CONTACT** |
| We know it can be difficult to pick up the phone, but reach out to somebody and let them know how you are feeling.* Samaritans (**116 123**) run a 24-hour service available every day of the year. If you prefer to write down how you're feeling, or if you're worried about being overheard on the phone, you can email Samaritans at jo@samaritans.org.
* Maytree (**0207 263 7070**) offer a four night stay in North London free of charge for those feeling suicidal. <http://maytree.org.uk>
* PAPYRUS (**0800 068 41 41**) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.
 | **Getting help in an emergency** If you don't feel you can keep yourself safe right now, seek help straight away.* Go to any hospital A&E department
* Call **999** and ask for an ambulance if you can't get to A&E
* Contact your GP for an emergency appointment or the out of hours team.
* Call NHS **111** (England) they will help you find the support and help you need
* NHS Direct **0845 46 47** (Wales)
* Contact your local crisis team
* Single Point of Access information (**0300 1234 244**) out-of-hours care for people in crisis 24/7.
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| **Making your surroundings safe**: ask others to help you restrict your access to medication, sharp objects or potentially harmful items.  |
| **Useful websites and apps that can help you manage your thoughts:*** <https://www.mind.org.uk/need-urgent-help/using-this-tool/>
* Bullying UK is a website for both children and adults affected by bullying
* Calm Harm app**:** manages self-harm
* Self Help app: Northumberland, Tyne and Wear NHS Foundation Trust
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You may also find it helpful to get in touch with organisations that provide support for trans people. You can find information about these on our website: <https://gic.nhs.uk/crisis-support/>