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**PATIENT/CARER INFORMATION REGARDING
OUT OF HOURS SERVICES – MENTAL HEALTH**

Due to the requirements of the New Mental Health Act, which will be introduced in October 2005, within Ayrshire and Arran. It has been necessary to make some changes to the way services are delivered after 5pm and at weekends. This has meant stopping the 5pm-9pm telephone CPN service, and replacing it with Next Day Response in all the Community Mental Health Teams. This means that if someone is in distress and presents at Accident and Emergency or Ayrshire Doctors on Call, it will be possible to request contact with the Community Mental Health Service the next day, through the Doctor on call for Psychiatry.

At weekends there will be CPN's working from 9am – 5pm, as well as an Intensive Community Support Service nurse. These staff will provide next day follow up and respond to emergency situations in the community, if required.

Overnight, from 5pm – 9am a nurse from the Intensive Community Support Service will be available to work with our Social Work colleagues to respond to emergency/crisis situations, at the request of the on call doctor for psychiatry.

If you are feeling unwell and wish to speak to someone, after 5pm or at weekends and your call is not an emergency, please contact the Community Mental Health Team in your area who will respond to your call the next working day.

The contact details are:

Kilmarnock & Loudoun CMHT	01563 572476
Cumnock & Doon Valley CMHT	01290 425947
North Kyle & Carrick CMHT	01292 619700
South Kyle & Carrick CMHT	01292 619700
North Cunninghame CMHT	01294 470010
South Cunninghame CMHT	01294 274006

If you feel you would benefit from speaking to someone about your problems the following services are available:

Copeline

0800 2568181

Opening Times:

Monday and Thursday	8pm – 12pm
Tuesday and Wednesday	9pm – 12pm
Friday	8pm – 6am
Saturday and Sunday	12am – 12pm

The Samaritans

0845 7909090

Open 24 hours 7 days per week

Breathing Space

0800 838587

Open 7 days per week from 6pm – 2am

NHS 24

08454 242424

Open 24 hours 7 days per week

*** Please note calls from a mobile phone to freephone numbers will be charged to your mobile phone account and are only free from landlines.**