

Useful information

The Complex Needs team work in conjunction with Harbour Drug and Alcohol services, co-located in harbour working closely with Harbour keyworkers.

Please Note:

You will need to be open to Harbour services to access the complex needs team.

First response service, 24 hour crisis line - NHS 111 (choose the mental health option)

Hamoaze House - 01752 566100

Narcotics Anonymous - Local self help and mutual aid group: 0300 999 1212

Alcoholics Anonymous
Local self help and mutual aid group:
0845 7697555

Drug Addicts Anonymous
Local self help and mutual aid group:
07818 260811

Harbour – 01752 434343

Complex Needs Team

In partnership with Harbour Drug and Alcohol Service



Complex Needs Team

Harbour

Hyde Park House

Mutley Plain

01752434343

Working hours Mon-Friday 0900-17:00



Livewell Southwest



@livewellsw

We support people to lead independent, healthy lives

Livewell
Southwest

Introduction

The complex needs team is a small multi-disciplinary team of community mental health nurses, social workers, support recovery workers, with specialist skills and knowledge in mental health and substance misuse.

We aim to improve the health and quality of life for people who are affected by a range of complex issues with substance misuse and mental health.

We believe in partnership / collaborative working to improve the safety and quality of lives for our service users.

We use a variety of theoretical models to reduce the harm often caused by alcohol and / or drug misuse.

We use recovery and harm minimisation models to help services / staff, individuals and affected others work along a continuum which could lead to abstinence.

We strongly support and work collaboratively with a range of providers, staff and clients to assist with the provision of an integrated treatment approach.

What we offer

Clinical Case Support

Treatment for a range of mental health problems where problematic substance use is also an issue.

Joint Assessments

With other professionals providing advice, support, and / or guidance if required.

Signposting / Liaison

Duty system available during normal office working hours. Doc to Doc advise and Duty prescribing advice to GP partners and hospital teams.

Supervision / Mentorship

Can be provided on request for teams or individuals.

Hostel Drop in services

The team offer weekly drop in sessions for accessing services in the George, Devonport house and Shekinah.

How you can help us

We encourage you to be as open as possible about your knowledge of the people that you are hoping to refer.

We will ask for clarification of information from a range of sources with the clients and service areas permission.

Take some time to think about what parts of our service you need from us in order for you to feel the client can be best supported within their recovery.

Carers Support

The term 'carer' is used to describe someone who provides regular unpaid support to a person who experiences mental illness and substance use. This could be a family member, partner or close friend. Families and carers play a key role in the recovery of individuals and are entitled to help and support.

The team will listen to what carers have to say and involve carers in care plans where appropriate. We know that the caring role can sometimes be difficult, and demanding, and will offer support and advice.

For further information on carers support and carers assessment please contact a member of the team or,

Improving lives Plymouth Caring for carers. For support, advice and carers assessments you can access caring for carers

<https://www.improvinglivesplymouth.org.uk/our-services/caring-for-carers>