

If you notice signs of distress in a person what should you do next?

Is the Distressed Person safe today?

Yes

No

Self Refer to  
Psychological Services

See GP for referral to  
CMHT

999 or go to  
A & E for assessment  
of mental health

Not sure if the person is safe, do not be afraid to ask.

*“Often people who say things like you have just said have a plan to end their life or hurt themselves in some way. Do you have a plan like that?”*

If your GP has a Prestwich  
Address

Complete the self referral  
form on the internet or see  
your GP

If your GP has a Salford  
Address

Call 0161-212-4981 and ask  
for referral to Jewish Com  
munity Project saying  
whether you want a Jewish  
or Non Jewish worker

Already in Services with the NHS?

What does your safety plan say?

Who is your key worker?

Contact Duty Officer?