

Improving lives together

# Low Secure Mental Health Service for Men

Meridian Ward,  
Cygnet Hospital Blackheath, London

Good

Beds  
available  
Now taking  
referrals



Meridian Unit at Cygnet Hospital Blackheath is a low secure mental health service for 16 men. The service aims to balance the needs of therapy and security whilst helping prepare individuals to lead full and independent lives in the community.

Discharge planning begins from the point of admission, with service users supported to co-produce their care plans. A collaborative approach allows individuals to look forward and set key goals.

Our pathway is enhanced by access to our nearby community-focused mental health rehabilitation and recovery service, Cygnet Lodge Lewisham, which enables us to provide an integrated care pathway to reduce lengths of stay and enhance outcomes.

Service users are supported to improve their vocational skills by attending educational programmes or engaging in community volunteering. We are located amongst a variety of parks and shops, and Greenwich Station is just a 10 minute walk away.



Male



18+ years



16 beds

## Our service user profile

- > Men, aged 18+ years
- > Primary diagnosis of mental illness
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma
- > May present active or potential risk to others
- > May have diagnoses of:
  - Severe and enduring mental health problems
  - Psychotic disorder
  - Schizoaffective disorder
  - Schizophrenia
  - Personality disorder

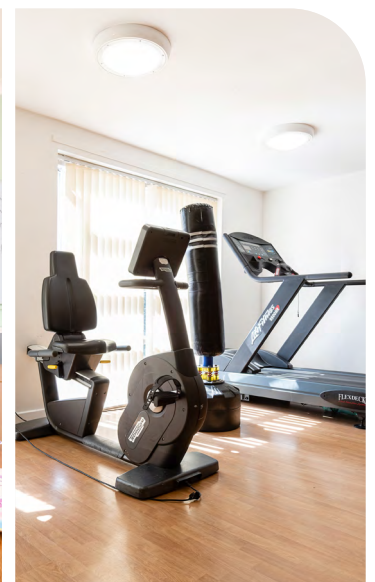
## Therapies and Interventions

Therapies are offered on an individual and group basis, and may include:

- > Cognitive Behavioural Therapy (CBT)
- > Dialectical Behaviour Therapy (DBT) Based Coping Skills
- > Offence Chain Analysis
- > Good Lives Model
- > Substance Use Treatment Programme (SUTP)
- > Life Minus Violence - Enhanced (LMV-E)
- > Life Minus Violence - Harmful Sexual Behaviour (LMV-HSB)

"Staff are amazing and helped me recover"

Service user



## Secure Model of Care

### Introducing Me

This phase is about the referral and assessment this helps the team make sure you are in the right place for your needs.

### Understanding Me

This phase focuses on getting to know you, we will introduce you to the team of people here to help you.

### Building My Skills

We will look at what you need to be safe and well. You will work with members of your team to find out your skills and assess any risks.

### Building My Independence

You will start building trust with other people. You will be involved in activities and learning skills suited to you.

### Preparing to Move On

You will be putting your skills to practice. We will meet with you, your family and carers to discuss moving on to a safe and meaningful life.



Culturally themed parties and celebrations



Day trips



Rated 'Good' in all domains by the CQC



Encouraging creativity and expression through art and music

In 2025, **100%** of service users discharged were able to step down or return home



"You care about me a lot it feels nice, everybody is nice, I feel like I am at home."

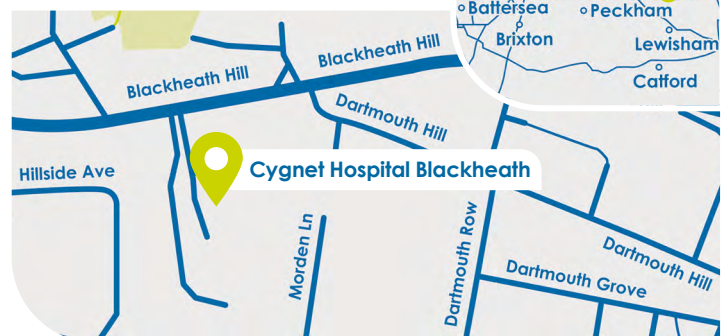
Service user

## Make a referral

- 1 Referral made to your **regional NHS Partnerships Manager** or 0808 164 4450 / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)
- 2 Assessment arranged and undertaken via our management team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

## Where are we?

Cygnets Hospital Blackheath  
80-82 Blackheath Hill,  
London SE10 8AD  
Phone number  
020 8694 2111



CYG-658 | Date of Preparation: 20/02/26

Please visit [cygnetsgroup.com](http://cygnetsgroup.com) for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care