

Improving lives together

Acute Service for Men

Highwoods Ward,
Cygnet Hospital Colchester,
Essex

Good



Accepting referrals

Highwoods Ward at Cygnet Hospital Colchester is our 19 bed male acute service. The service provides a safe and stabilising environment for men who are experiencing an acute episode of mental illness and require an emergency admission.

The ethos of our service is about assessing and treating people in the least restrictive environment and planning for discharge in a robust and timely fashion. With a focus on stabilisation, we support individuals to manage their mental health, reinforce daily living skills and prepare for independent life back in the community.

Our team works closely and collaboratively with service users, their families and the referrer to provide a seamless pathway from referral to discharge. Our approach is recovery focused and supported by a comprehensive multi-disciplinary team, contributing to shorter lengths of stay.



Our average length of stay in 2023 was **5 weeks**



Male



18+ years



19 beds

Our service user profile:

- > Men, aged 18+ years
- > May be informal or detained under the Mental Health Act
- > Experiencing an acute episode of mental illness requiring a crisis admission
- > Diagnoses may include:
 - Acute mental illness
 - Acute depressive illness
 - Psychosis
 - Schizophrenia
 - Bi-polar disorder
 - Personality disorder
 - Dual diagnosis
- > May present with co-morbid presentations:
 - Self-harm
 - Substance misuse issues
 - Complex needs

Where are we?

Cygnet Hospital Colchester
Boxted Road, Mile End,
Colchester, Essex, East CO4 5HF

Phone number
01206 848 000



CYG-923 | Date of Preparation: 10/04/24



We are able to take referrals 24 hours a day, 7 days a week. To make a referral, please call **0808 164 4450** or email chcl.referrals@nhs.net. We will respond within 1 hour of receipt of full clinical information.

1

Referral made to Cygnet referrals team via **0808 164 4450 / chcl.referrals@nhs.net**

2

Feedback provided on whether our services can meet the service user's needs within 1 hour of receipt of full clinical information

3

Admission agreed and arranged with referring team following confirmation of funding

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Integrity

Trust

Empower

Respect

Care