

Mental health facility for women with complex mental health needs

Cygnet Hospital Hexham

Accepting referrals



Cygnet Hospital Hexham is our 27 bed mental health facility for women with complex mental health needs. The hospital meets the latest national specifications for improving mental health within a therapeutic environment.

Situated amongst the soft fields and meadows of the Tyne valley, which is known for its abbey, leafy parks, and mix of independent shops, the hospital provides an important and much-needed service for service users within the North East of England.

As part of our continued efforts to improve service users care and treatment pathway's the hospital benefits from a highly experienced team of mental health professionals and support staff, which include consultant psychiatrists, psychologists, nurses across RMN and RGN disciplines, occupational therapists, speech and language therapists, and support workers.



Our Multi-disciplinary Team:

- > Clinical Hospital Manager
- > Psychiatrist
- > Psychologist
- > Occupational Therapist
- > Therapy Coordinator
- > Nurses across RMN and RGN disciplines
- > Support Workers

Positive service user outcomes are at heart of the services we offer at Cygnet Hospital Hexham, we recognise that every service user is different and therefore must be assessed and treated as an individual in the best possible surroundings.

The hospital is split into two distinct wards, each offering specialist mental health services:

- > **Fisher Ward**
Mental Health Acute Service for Women with Complex Mental Health Needs
- > **Franklin Ward**
Specialist PICU Service for Women

Fisher Ward

Mental Health Acute Service for Women with Complex Mental Health Needs



Fisher Ward is our mental health acute service for women with complex mental health needs. The service at Fisher Ward provides a comprehensive range of treatment for women aged between 18 and above, who require treatment in an inpatient setting.

The service and care delivery model is underpinned by an established CBT framework 'Comprehend Cope and Connect', a transdiagnostic approach to mental health difficulties that brings together the impact of past trauma and adversity on present coping (comprehend), and utilises mindfulness and compassion-focussed approaches to manage change (cope and connect).

The ethos of this service is to assess and treat service users in a minimally restrictive environment and to plan for discharge in a robust and timely fashion.

Our experienced multi-disciplinary team works collaboratively with service users, carers, commissioners and the home team to provide a safe, effective and responsive treatment pathway that is co-produced and recovery orientated.

The care pathway of 28 days aims to ensure a short length of stay and safe return to the community, where possible.

Our service user profile:

- > Women, aged 18+ years
- > May be informal or detained under the Mental Health Act
- > Experiencing an acute episode of mental illness that cannot be safely managed in the community
- > Diagnoses may also include:
 - Depression, Bi-polar illness and other mood disorders
 - Anxiety
 - Psychosis
 - Schizophrenia
 - Schizo-Affective Disorder
 - Personality disorders
 - Dual diagnosis
 - Substance misuse issues

Franklin Ward

Specialist PICU Service for Women



Female



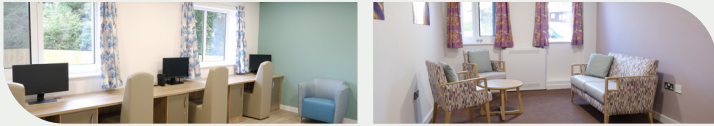
18+ years



10 beds

Franklin Ward is our 10 bed female PICU service which accepts emergency and crisis admissions. Referrals will come to us from all areas, including acute and prison services. Our aim is a short, rapid intervention to help service users regain a sense of control and order in their lives, so they can move to a less restrictive care setting and ultimately return home.

The service provides expert, intensive, short-term, individualised care for service users detained under the Mental Health Act. Service users will present with increased risks that require them to be assessed and treated in a PICU environment.



Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act
- > Experiencing difficulties that present a risk to the well-being of themselves or others that cannot be treated in an open environment
- > Diagnoses may also 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



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

Where are we?

Cygnet Hospital Hexham
Anick Road, Hexham,
Northumberland,
North East NE46 4JR

Phone number
01434 408660



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