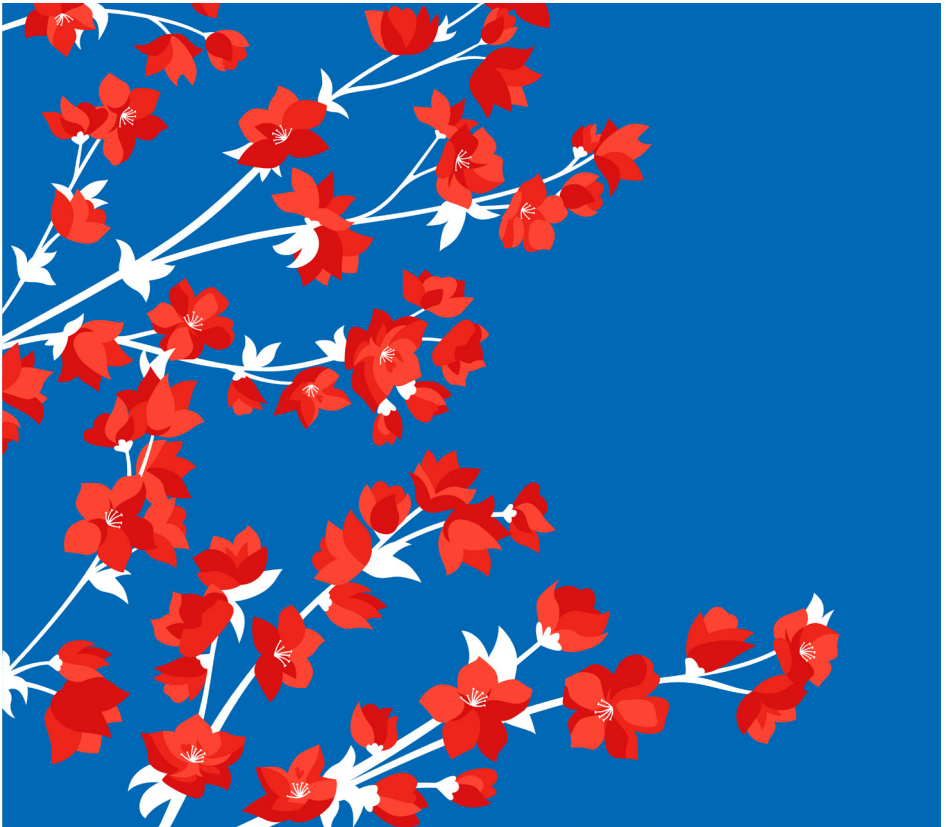


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# Psychology in the Crisis Team



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As part of the treatment under the Crisis Resolution Home Treatment Team, we have a psychology team who can support you in understanding why you are in crisis, developing ways of coping or moving forward from past difficulties.

## What do we offer?

Psychology sessions provide you with an opportunity to talk openly about your experiences, in a supportive atmosphere. It often involves working together with a member of the psychology team to help improve your mental wellbeing or manage difficulties getting in the way of your daily life.

The type of therapy we can offer includes:

- Individual sessions
- Crisis Prevention
- Group therapy on Emotional Coping Skills (also called the 'ECS Group')
- Group therapy on Cognitive Behavioral Therapy (also called the 'CBT Group')
- Psychoeducation Group on Psychosis

The type of therapy we can offer is short-term and will depend on each person's needs. It can be provided by the team's Clinical Psychologists, CBT Therapists, and/or Assistant Psychologists who work directly within the Crisis Team.

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If you are interested in having these psychology sessions, we will need to discuss this first within the team. You can also be referred for psychology sessions or an assessment by the team itself.



*“The sessions were very helpful and positive. They made me feel comfortable and helped me to make sense of my issues and how it escalated to the point of crisis”*

*“I have found these sessions very helpful. Even though I’ve had some problems on the way, we have managed to sort them and worked together to solve issues. Thank you for all your hard work and support.”*



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