

# J James' Place

## **When should I refer to James' Place?**

You should consider James' Place as an alternative to an inpatient admission or referral to a Crisis Team. There is clear evidence of suicidal crisis, but no indication that there is a need for a medical intervention. We know that our intervention works best for those in an acute crisis- we are less suited for men with a chronic depression with suicide as a feature.

## **What does James' Place do?**

We offer a specialist therapeutic intervention for men who are experiencing a suicidal crisis. We offer short term intensive talking therapy for men who are experiencing a suicidal crisis. We offer a safe and effective service and would like you to consider it an option to either an admission or a Crisis Team; so, there are suicidal thoughts/intent/plans, but they do not need and medical/psychiatric intervention.

## **Why should I refer to you instead of...?**

It is understood that a significant proportion of those in a suicidal crisis are not in need of a medical intervention. Their crisis is driven by a combination of psychological and social stressors. We have developed a level of expertise working with men at this crisis point offer a safe and effective alternative to current provision. We work in partnership with East London Foundation Trust and increasingly receiving referrals from other London trusts.

## **What is a suicidal crisis...?**

Plans or intent to act on their suicidal thoughts, and/or  
Recent suicidal acts or attempts- with or without physical harm, and/or  
Acute intense and distressing suicidal thoughts (accompanied by at least one of the following: previous suicide attempt, impulsivity, access to self-identified means of harm, self-harm, exposure to self-harm or suicide, expressing fearlessness about death, imagery about death, dying and suicide)

## **What will happen if I refer a man to you?**

Email though a completed referral form. Please include your contact details including email address. We will let you know the outcome of the referral, if the man has declined the referral or if we cannot contact within 3 working days. We also let the GP know. Welcome Assessment. Men are invited to our Clerkenwell office (near Farringdon station) for an assessment with one of our therapists. We usually facilitate this within 2 days and if the man is not suitable/doesn't want us we let the GP know. Brief therapy. Our unique intervention helps a man to understand crisis and take practical steps to getting life back on track. Leave with a Safety Plan and positive plans for the future. GP informed on discharge.

## **Do they have to come to see you in person?**

Yes. We know that our intervention works best in our centre. If a man has a COVID 19 related reason why they can't access the centre, or if they have a physical health problem which would make it impossible for them to access JP, we can offer a 'virtual intervention,' but they have to have an email address.

I hope this is helpful. We have had a few referrals lately that have not been suitable, i.e. they have chronic complex needs which go beyond what we can do with a brief therapeutic treatment and in some instances they are clearly not in a suicidal crisis.

We have duty practitioners available every day and they are happy to contact any team members to discuss referrals.