

Mental Health Acute Service for Women

Upping Ward, Cygnet Hospital Beckton, London



Female



18+



15 beds

Upping Ward is our new mental health acute service for women at Cygnet Hospital Beckton, a specialist hospital for women with complex mental health needs.

The service at Upping 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-focused 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 service users are empowered to focus on stabilisation of their mental health, improve coping skills and prepare for life back in the community.

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+
- > 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
- > Co-morbid diagnosis of mild learning disability and autism
- > 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

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

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



Cygnet Hospital Beckton
23 Tunnan Leys, Beckton, London E6 6ZB