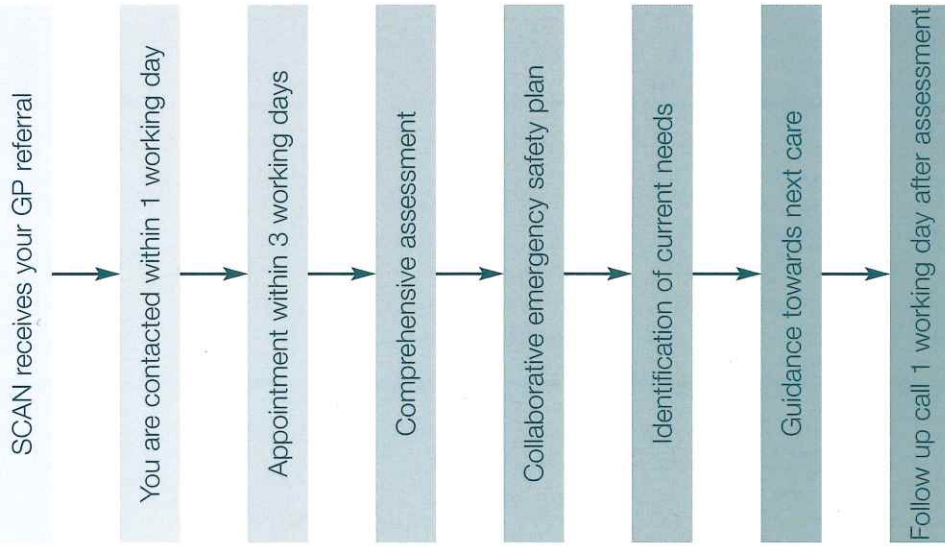


Suicide Crisis Assessment Nurse

A suicide crisis assessment nurse (SCAN) is an experienced mental health nurse who provides assessment to GP service users experiencing thoughts of self-harm or suicide.

SCAN Process



Emergency 24 hour Services

Samaritans 116 123

Pieta House - 1800 247 247
open 365days 24/7
Text : Help 51444

24/7 texting service
to chat with a
trained volunteer
Free-text HELLO
to 50808

NE Doc on call 1800 777 911

Our Lady's Hospital,
Navan 046 907 8500

Drogheda 041 980 5800
Department of Psychiatry

If it's an emergency 999 / 112

Useful website for information on voluntary
services to aid your recovery:
www.yourmentalhealth.ie

Irish Advocacy Network 01 8728684

Your comments, compliments and complaints
are welcomed and valued.

They allow us to continually improve our
service.

To do this either email
yoursay@hse.ie or visit
www2.hse.ie/complaints-feedback

**Contact your GP and they may refer you to
the Suicide Crisis Assessment Nurse.**



Louth Meath
Mental Health Services

Suicide Crisis Assessment Nurse

If you are experiencing thoughts
of suicide or self-harm.

Help is available within your GP
surgery.

Are you experiencing any of the following?

- Pain that seems overwhelming and unbearable.
- Feelings of worthlessness or hopelessness.
- Loneliness.
- Constant negative thoughts.
- Difficulty imagining any way to deal with your problems other than suicide or self-harm.
- The feeling that everyone would be better off without you.
- Difficulty understanding why you are thinking or feeling this way.

What you need to know

- You are not alone. Many people have gone through what you're experiencing and found help.
- It's okay to talk about suicide. Talking can help ease some of the feelings you're experiencing.
- Experiencing thoughts of suicide or self-harm is a sign of severe emotional distress.
- Thinking about suicide is not a weakness and nothing to feel guilty about.
- You can get better

What you can do

- Talk to someone you trust about how you feel.
- Talk to a health worker, such as your GP, mental health professional, or a counsellor.
- If you think you're in immediate danger of harming yourself, contact the emergency services or a crisis line.

Suicide Crisis Assessment Nurse (SCAN) What to expect

- The SCAN will contact you within 1 working day and arrange to meet with you in your GP surgery within 3 working days.

- You will receive a comprehensive assessment.
- We will then make a plan together.
- This will help to address your immediate and ongoing mental health needs.
- A safety assessment will be carried out with you which may also include talking to your next of kin or a supportive friend.
- Together we will develop a safety plan.

After meeting with the SCAN

- Once your needs have been identified the SCAN will guide and advise referral to the next appropriate services.
- Referrals may be either to voluntary organisations or to specialist mental health services if indicated.
- The SCAN will provide you with a follow-up phone call within 1 working day of your first assessment.
- Where required, the SCAN may provide up to three follow-up appointments via face to face or telephone.

SCAN service is available

Monday - Wednesday 9am - 5pm

Thursday & Friday 9am - 4pm

Speak to your GP and they may refer you to the SCAN service