

Improving lives together

Low Secure Mental Health Service for Men

Meridian Ward,
Cygnnet Hospital Blackheath, London

Good

Beds
available
Now taking
referrals

Meridian Unit at Cygnnet Hospital Blackheath is a low secure mental health service for 16 men. The service aims to balance the needs of therapy and security whilst helping prepare individuals to lead full and independent lives in the community.

Discharge planning begins from the point of admission, with service users supported to co-produce their care plans. A collaborative approach allows individuals to look forward and set key goals.

Our pathway is enhanced by access to our nearby community-focused mental health rehabilitation and recovery service, Cygnnet Lodge Lewisham, which enables us to provide an integrated care pathway to reduce lengths of stay and enhance outcomes.

Service users are supported to improve their vocational skills by attending educational programmes, completing therapeutic earnings roles and engaging in community volunteering. We are located amongst a variety of parks, shops and Greenwich Station is just a 10 minute walk away.



Male



18+ years



16 beds

Our service user profile

- > Men, aged 18+ years
- > Primary diagnosis of mental illness
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma
- > May present active or potential risk to others
- > May have diagnoses of:
 - Severe and enduring mental health problems
 - Psychotic disorder
 - Schizoaffective disorder
 - Schizophrenia
 - Personality disorder

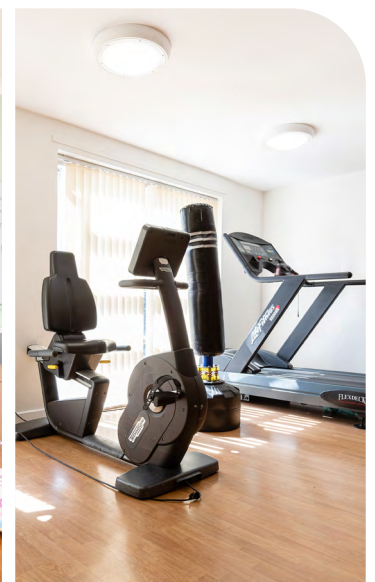
Therapies and Interventions

Therapies are offered on an individual and group basis, and may include:

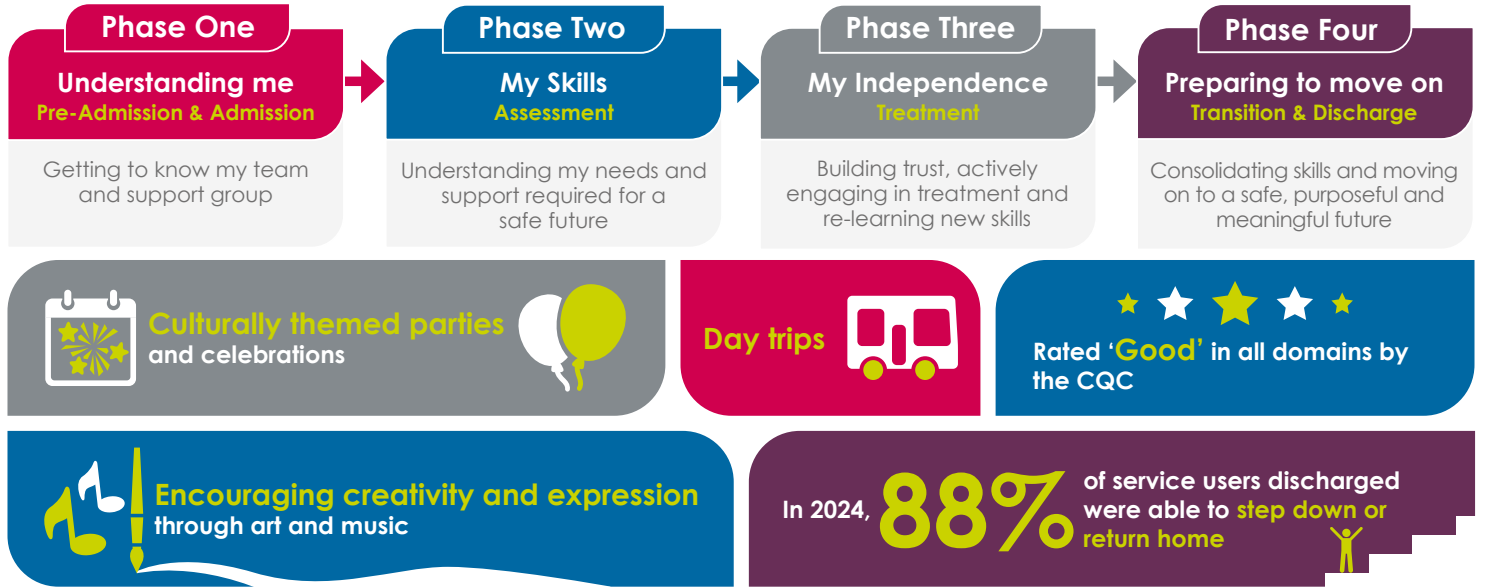
- > Cognitive Behavioural Therapy (CBT)
- > Dialectical Behaviour Therapy (DBT) Based Coping Skills
- > Offence Chain Analysis
- > Good Lives Model
- > Substance Use Treatment Programme (SUTP)
- > Life Minus Violence - Enhanced (LMV-E)
- > Life Minus Violence - Harmful Sexual Behaviour (LMV-HSB)

"Staff are amazing and helped me recover"

Service user



Secure Model of Care

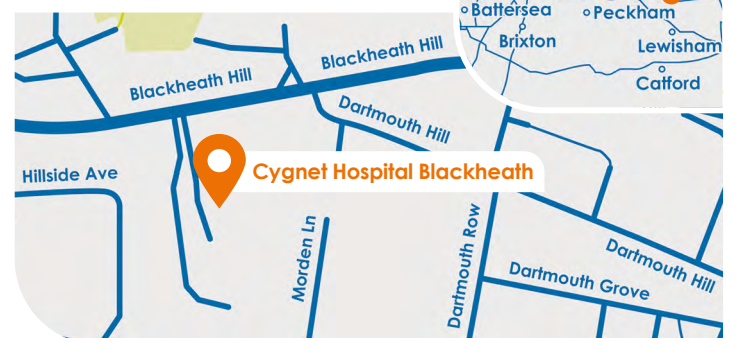


Make a referral

- 1 Referral made to your **regional NHS Partnerships Manager** or 0808 164 4450 / chcl.referrals@nhs.net
- 2 Assessment arranged and undertaken via our management team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

Where are we?

Cygnets Hospital Blackheath
80-82 Blackheath Hill,
London SE10 8AD
Phone number
020 8694 2111



CYG-658 | Date of Preparation: 19/12/24

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