Dealing with Psychiatric Emergencies

Aim: To give information to young carers about dealing with emergencies

Outcomes: Young carers will feel more equipped to deal with some emergency situations
Young carers will use emergency services effectively and not place themselves at risk

Materials: Flipchart; pens; Psychiatric Conditions Sheets; optional role play equipment; external guests

Time: 40 – 60 minutes, but can be done over several sessions

Activity:

- Using the flipchart have a discussion whereby you note the situations faced by young carers and what their responses would be

- Remind group that it is not their job to figure out if it is a medical or psychiatric emergency, always call for help and an ambulance if situation is life threatening, or if young carer feels at risk

- Using the relevant psychiatric conditions sheets as hand-outs, go through these and have a discussion about how they feel about dealing with such situations, what would they do, who would they turn to for help, what have they done in the past, what helped, what didn’t?

- Encourage them to refer to their “Emergency List” for people they can go to for help

- To make it a bit more interesting invite a local ambulance crew along for some input, encouraging young carers to know when and how to call for an ambulance and what happens when they do

- Other people to ask to come along for a discussion could be, local police, nursing services, GP, social work etc. to explain their roles and how they can be of help

- You can role play an emergency situation whereby the participants have to call for an ambulance. Get them to think about what information the ambulance personnel need, how calm do they think they would be, how would they feel afterwards, what would they do afterwards
• You could encourage young carers to write down the kinds of things they would say to an ambulance or police responder in an emergency, this can reinforce how to handle the situation.

• Always end by reiterating that young carers are to keep themselves safe at all times and should always call on professional emergency services for help at times of life threatening crisis or if they feel at risk.

Facilitator Note

Psychiatric Conditions Sheets