Lambeth Early Onset (LEO) Team

Who are we and how can we help? Information for service users, family and carers
What is the LEO Team?

The LEO Team (Lambeth Early Onset) is a specialist team to help people living in Lambeth who are experiencing psychosis for the first time. We work specifically with young people aged between 18 and 35.

At LEO, we know that talking about mental health problems can be difficult. We also know that, like any health problem, it’s best to get help as soon as possible. Being able to treat psychosis earlier gives you the best chance for a healthy and productive future.

We will work support and work with you if you are having or have just had your first episode of psychosis. We aim to help you get back on track with your life. We do this by helping you to get better at dealing with problems in your life. Many people will make a full recovery. The main ways we help include:

- helping you to make sense of distressing experiences
- help with getting back to study or work
- medication to treat the problem and manage distress
- psychological support to help develop your coping skills and prevent psychosis from happening again
- practical advice and support with housing and benefits
- family meetings to discuss and work through difficult issues
- support for families and carers
- social groups to meet other people and have fun.
What is psychosis?

Mental health problems are very common and affect 1 in 4 people in Britain. Psychosis is a mental health condition in which you can become overwhelmed and distressed by unusual experiences. These can include:

- hearing or seeing things other people don't
- having strongly held unusual beliefs
- feelings of paranoia, fear or anxiety
- muddled and confused thinking or speech
- significant changes to mood or personality
- avoiding friends and family
- spending more time alone.

It usually affects people in their mid to late teens and early twenties, but can happen to anyone of any age. Sometimes people with psychosis don't realise there is anything odd or worrying about their experience even though friends and family may be worried. In people under the age of 25 psychosis is more common than diabetes.
Meet the team

The LEO Team has people from different professional backgrounds. Everyone has a care coordinator and a doctor. Other team members will work with you as needed. We work together as a team because using more than one approach to deal with psychosis is more effective.

Our team includes:

**Care Coordinators (registered nurses, occupational therapists and social workers) who will:**
- be your main point of contact in the team
- meet with you regularly
- offer guidance and support to help you get back on track
- offer information and advice about medication
- offer information and advice about housing and benefits
- support your family or carer.

**A vocational worker who can:**
- offer advice on interviewing and developing CVs
- support you to get back to employment or education.

**Psychologists who can:**
- help you understand your experiences and develop coping strategies
- help with managing common difficulties like stress, anxiety and depression.

**Doctors who can:**
- offer advice on physical health issues
- provide an assessment
- discuss medication options with you
- prescribe medication if required
- give continuing support.
How to get help

If you feel you need our service or know someone who does, you can get help in several ways:

- Call us and ask to speak to the Duty Worker who will discuss your concerns with you
- Go to your GP (or take the person to their GP)
- Call NHS Direct on 0845 4647 or go to their website (www.nhsdirect.nhs.uk)
- In an emergency and outside of normal office hours you can go to A&E or in extreme circumstances call an ambulance.
Some useful websites

Mental Health Foundation - www.mhf.org.uk
A mental health charity aimed at improving mental health and wellbeing. Their website has lots of resources and information about mental health and wellbeing.

Mind - www.mind.org.uk
A mental health charity providing information and advice, training programmes, grants and services about local services.

Rethink - www.rethink.org
A National mental health charity providing information, services and a strong voice for everyone affected by mental illness.

Royal College of Psychiatrists - www.rcpsych.ac.uk
The professional and educational body for psychiatrists in the United Kingdom which produces a wide range of leaflets for patients.
Where to find us

Tel: 020 3228 7200
Fax: 020 3228 7214
Opening hours: 9am to 5pm (Mon to Fri)
Address: 190 Kennington Lane, London SE11 5DL
Buses: 196, 3, 159, 59, 185
Options available
If you’d like a large print, audio, Braille or a translated version of this leaflet then please ask us.

Useful contact details
SLaM Switchboard: 020 3228 6000
SLaM 24hr Information Line - Advice on how to access SLaM Services: 0800 731 2864
Contact our Patient Advice and Liaison Service (PALS) for help, advice and information:
T: 0800 731 2864
W: www.pals.slam.nhs.uk
E: pals@slam.nhs.uk

Complaints
If you are not happy about something but not sure if you want to make a formal complaint you can speak to a member of staff directly. Alternatively you can contact the PALS Office on freephone 0800 731 2864. If you decide you want to make a formal complaint this can be done by contacting the Complaints Department:
Complaints Department, Maudsley Hospital, Denmark Hill, London SE5 8AZ
T: (020) 3228 2444/2499
E: complaints@slam.nhs.uk
W: www.slam.nhs.uk

www.tfl.gov.uk/journeyplanner
For the quickest way to plan your journey anywhere in greater London use journey planner:
020 7222 1234 (24hrs)