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Pilot helping to reduce distress

Minister visits Harmer's to hear about ground breaking programme

The Minister for Mental Health Raureen Watt visited University Hospital Harmer's to hear about a ground breaking pilot project which is reducing levels of distress.

The Distress Brief Intervention Programme (DBI) is the first programme of its kind in the world which provides a time limited and supportive problem solving contact with an individual who presents at emergency services in a state of distress.

While still in its early stages, DBI has more than halved recorded levels of distress among those who have taken up the offer of the DBI support.

Many who present at emergency services often describe feelings of low mood, stress and anxiety and the two-level DBI approach sees front line emergency staff offer a compassionate response to the individual and ask if they would like to be contacted by a level 2 service within 24 hours to offer further face-to-face support.

Ultimately it aims to enable people to manage their immediate and future distress more effectively.

Dr Linda Findlay, Lanarkshire lead for the DBI pilot, said: "We're delighted with the findings from this pilot so far.



The Minister met staff to hear more about DBI. Dr Linda Findlay, Lanarkshire lead for the DBI pilot, said: "We're delighted with the findings from this pilot so far."