

"My care has been brilliant.  
I can now maintain my  
composure and manage  
my stress."

Male PICU patient on Audley ward



## Audley ward

**A dedicated PICU service for men aged 18–65 years requiring specialist short-term support during a mental health crisis**

Audley ward, based within our Essex hospital, provides a safe, structured and therapeutic environment delivering urgent individualised assessment, stabilisation, and recovery-focused treatment.

Our multidisciplinary team works collaboratively with patients, families, and community services to support positive outcomes and a sustained recovery enabling people to return home or to a more appropriate setting as quickly as possible.

Our average  
length of stay  
is typically less  
than national  
benchmarks



### Service overview

Audley ward accommodates up to 11 male patients detained under the Mental Health Act, requiring psychiatric intensive care. Operating 24/7, our national service provides urgent placements when individuals cannot be safely managed and cared for in other settings, including:

- ✓ **general acute hospitals**
- ✓ **other PICUs**
- ✓ **prison or criminal justice services.**

Our focus is on delivering evidence-based, patient-centred care that supports rapid stabilisation and recovery, ensuring timely discharge pathways that maintains continuity and reduces length of stay.



### Making a referral

To make a referral, please call our dedicated PICU and acute referral line on **0800 434 6690** or email **sah.picuacute@nhs.net**

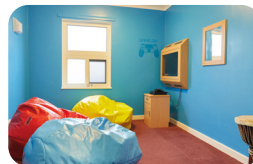
We aim to provide feedback on whether our service can support your patient within two hours of receipt of full clinical information.

View our latest bed availability at **[stah.org/picu-acute](https://stah.org/picu-acute)**



Inspected and rated

Good



## Our therapeutic and treatment approach

Our expert multidisciplinary team includes experienced consultant psychiatrists, senior nursing staff, psychologists, occupational therapists, pharmacy and social workers who collaborate to deliver tailored care plans. Key elements include:

- ✓ Comprehensive psychiatric assessment and medication management guided by NICE standards
- ✓ Psychological therapies including cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT) informed approaches, and trauma-focused interventions
- ✓ Occupational therapy supporting independent daily living skills, physical health, and meaningful activity. Activities include cooking, arts and crafts, and sport activities both on and off the ward
- ✓ An embedded social work team supporting a holistic care approach
- ✓ Structured therapeutic environments following Safewards principles to promote safety, respect, and positive engagement
- ✓ Collaborative care planning involving patients and families from admission to discharge

### ▶ Mikey's recovery story



Please scan the QR code to meet Mikey who recently shared his recovery story.

*"My 60s are just coming up and I'm hoping to live my 50s through my 60s, free, true and with love in my heart. And a lot of it is down to this establishment."*

Mikey, patient on our PICU and acute services

## What to expect from Audley ward



Responsive, specialist, gender-specific PICU service equipped for complex, high-risk cases, including those from criminal justice services



Strong multidisciplinary expertise delivering evidence-based, recovery-oriented care



Emphasis on patient safety, dignity, and collaborative working with clinical partners



Proven pathways supporting timely discharge and continuity of care



Able to accept national referrals but ideally located to support the care closer to home agenda for those from London, the South East and East of England.

We are nationally accredited as members of the RCPsych Quality Network and NAPICU

