

Inspected and rated

Good



"This is the first place people really care about me, and want me to do things and to do well."

Female acute patient
on Frinton ward

Frinton ward

A dedicated acute service for women aged 18-65 years requiring specialist short-term support during a mental health crisis

Frinton ward, based within our Essex hospital, provides a safe, structured and therapeutic environment delivering urgent individualised assessment, stabilisation, and recovery-focused treatment. This service is for women that typically present with behaviours that are less complex than those who require a Psychiatric Intensive Care (PICU) setting.

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.

Service overview

Frinton ward accommodates up to 12 female patients detained under the Mental Health Act, requiring specialist acute 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**
- ✓ **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.

Our average length of stay is typically less than national benchmarks



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**



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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

▶ Sian's recovery story



Please scan the QR code to meet Sian who recently shared her recovery story.

"If I wasn't in St Andrew's, I might have been struggling on my own. Thank you to the staff for giving me more of the tools I need to get over the trauma that I've been through."

Sian, patient on our PICU and acute services

What to expect from Frinton ward



Responsive, specialist, gender-specific acute 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.