**Draft Mental Health Navigation:**

**Discharge letter**

**Please insert your own details and local support contacts and delete this text box.**

[Date]

Dear [Name],

I hope this letter finds you well. I had previously tried to contact you via phone, text and email and left messages asking you to contact myself should you need the support of a Mental Health Navigator.

I understand that there may be many reasons that I have not heard from you, but I hope that it is because you no longer need support from the service.

I have now discharged you from the Mental Health Navigator service and wish you all the very best for the future. Should you find that you need to access the service in the future you will need to be referred once again through your [referrer into service].

Please know that if you require more urgent support you can call [local mental health

crisis support information] or the Samaritans on 116123 for free 24/7.

Kind Regards,

[Name]

Mental Health Navigator

My working hours are Monday-Friday 0900-1700