

# **BREATHING SPACE LEAFLET**

Legislation: [The Debt Respite Scheme \(Breathing Space Moratorium and Mental Health Crisis Moratorium\) \(England and Wales\) Regulations 2020](#)

<b>WHAT IS BREATHING SPACE?</b>	The Debt Respite Scheme (Breathing Space Moratorium and Mental Health Crisis Moratorium) (England and Wales) Regulations 2020 - The aim of this is to help Patients manage problem debt by halting enforcement action from creditors and freezing interest and charges. These protections will end 30 days after their mental health crisis treatment ends
<b>Who needs to know?</b>	<ul style="list-style-type: none"> <li>o MH Trusts and frontline staff</li> <li>o Social care teams, frontline staff</li> <li>o 'front door'/ SPA call takers etc for referrals</li> <li>o Third sector agencies, providers</li> </ul>
<b>WHO IS IT FOR?</b>	<p>Someone is receiving mental health crisis treatment if they are:</p> <ul style="list-style-type: none"> <li>● detained for assessment or treatment under the MH Act 1983</li> <li>● removed to a Place of Safety under that Mental Health Act</li> <li>● receiving crisis, emergency or acute care or treatment in any setting from a specialist mental health service (i.e. crisis treatment from a crisis home treatment team, liaison mental health team, community mental health team or any other specialist mental health crisis service) for a mental disorder of a serious nature</li> </ul>
<b>HOW CAN YOU REFER YOUR PATIENTS FOR THIS?</b>	<p>Any one of the following people are able to make a referral for a Mental Health Crisis Breathing Space</p> <p>The debtor; The debtor's carer; An AMHP; The debtor's care coordinator; A mental health nurse; A social worker; An IMHA; An IMCA; A Relevant Person's Representative (under DoLS); An AMCP; An appropriate person (under LPS)</p> <p><b>Email mental health social care Team for the patient's local borough with subject title "Referral for Breathing Space" attaching the referral form pre-completed with as much detail as possible. Essential to indicate if the <i>person is consenting or if you are completing the referral in the best interest</i> of the person. The AMHPs role consists of documenting that the person is receiving mental health crisis treatment.</b></p>
<b>GUIDANCE / forms:</b>	<a href="#">Debt respite scheme (breathing space): Guidance on mental health crisis breathing space</a>