Aims and Objectives:
The purpose of this study is to enhance the safety of people with mental health problems in the community. Our aim is to help people have a better understanding of the kinds of risks they may face and the factors in their lives which can affect risk, so that they can monitor themselves and be better able to self-manage once they have been discharged from secondary care.

We have developed a new online self-assessment tool for service users, called myGRiST. This has been developed with mental health service users and is a companion to clinical versions of the Galatean Risk and Safety Tool (GRiST, www.egrist.org). It allows service users to collect the same information clinicians do, but using a more user-friendly interface and language, and with more emphasis on wellbeing and safety.

The idea is that myGRiST should help service users and clinicians to be better able to talk about what makes people feel safe and what puts them at risk of harming themselves or others, and to understand each others’ point of view. This should support partnership working in assessing and making decisions together about how best to manage personal safety in the community. myGRiST also provides service users with feedback about the level of risk in their lives, along with links to self-help resources and advice about self-management planning.

Inclusion Criteria:
Service user advisers: members of a mental health service user group; current service users: age 18 years + and currently being treated for a mental health problem by their GP or IAPT services; primary care clinicians: being either a general practice-based or IAPT clinician who routinely undertakes mental health risk assessments.