

## 1. What is CAMHS?

CAMHS stands for **Child and Adolescent Mental Health Services**. CAMHS is an NHS (National Health Service) service that assesses and treats young people with moderate to severe emotional, behavioural or mental health difficulties.

Typically CAMHS will offer support to a young person presenting with the following difficulties (for example):

- Depression
- Self harm/suicidal ideation/gestures
- Psychosis
- Eating Disorders
- Post traumatic stress disorder
- Complex bereavement
- Psychosomatic presentations
- Enuresis/Encopresis

CAMHS is a multi-disciplinary team made up of nurses, therapists, psychologists, psychiatrists, support workers, social workers and has very strong links with all partner agencies in the locality.

## 2. What is Learning Disability CAMHS?

Learning Disabilities Child and Adolescent Service (LD CAMHS) is a specialist team within the generic CAMHS team. The Team is made up of professionals who specialise in meeting the psychological, emotional and mental health needs of children and young people with a learning disability. Children with learning disabilities often present with mental health difficulties differently without learning disability therefore the team also offers a service to those with severely challenging behaviour.

Examples of the types of difficulty they frequently work with are:

- Anxiety
- Self-injurious behaviour
- Emotional difficulties
- Problems with anger and aggression
- Attention/over activity problems
- Social difficulties

## 3. How do parents get a child referred to CAMHS?

CAMHS accept referrals from the following sources:

- General Practitioners
- Paediatricians
- Social Services (Qualified social workers only)



- School Health (only via the Paediatric panel)
- Children with Disabilities Team
- WPH Counselling
- Dudley & Walsall Mental Health Trust colleague
- Other CAMHS Teams

The Specialist CAMHS teams accept referrals for children and young people, up to their 17<sup>th</sup> birthday with moderate, severe and/or complex mental health difficulties unless they fall into one of the below categories when a referral will be accepted up to their 18<sup>th</sup> birthday.

- Youth Offending
- FLASH
- Positive Steps
- Eating Disorders
- Learning Disabilities

#### **4. What is the process to follow if a child is in crisis?**

The ICAMHS (Intensive CAMHS) service will support young people if they fit with the following criteria:

- Ongoing suicidal thoughts with a degree of planning or intent.
- Severe self-harm causing possible risk to life.
- Possible psychotic presentation or prodromal symptoms.
- Young people who have a planned discharge from tier 4.
- Young people at risk of being admitted to a tier 4 bed where there is a robust plan from tier 3 if ICAMHS are not already involved.
- Individuals with a significant risk profile who are deteriorating and may possibly relapse.

If you believe a young person is in crisis and requires support from ICAMHS, the following action should be taken:

- If there is a physical health need, for example, serious self-harm requiring treatment then please present at your nearest emergency department.
- Contact your GP and request an urgent appointment, GP's have a priority pathway into ICAMHS and therefore if they believe a young person requires urgent support they can refer in and where possible a priority appointment will be issued within 24hours.
- Contact CAMHS and discuss your child's presentation with a duty worker who will advise the best course of action to be taken.

