

## Main services available in Portsmouth for children and young people with emotional or mental health needs (Up to 25 years of age)

LEVEL OF NEED	PRESENTATIONS/SYMPTOMS	SERVICE AND CONTACTS	SERVICE OFFER
<p><b>CRISIS</b></p> <p>An extreme event that could mean a risk to life of self or others</p>	<ul style="list-style-type: none"> <li>Acute Emotional Distress with high risk to self and others e.g. – young person is verbalising a plan to harm self or others and the family or network around the young person is not able to contain or manage the issue without urgent intervention from a mental health professional.</li> <li>Usually lasting no longer than 2-3 days</li> </ul>	<ul style="list-style-type: none"> <li><b>In a Medical Emergency call 999.</b> <u>In Hours (09.00-17.00)</u></li> <li>Up to 18 years old call GP if they are not known to CAMHS or CAMHS Single Point of Access if they are known to CAMHS. <b>0300 1236632.</b></li> <li>18 years plus call CRHT(Adult CRISIS TEAM) <b>0300 1233924.</b></li> <li><u>Out of Hours (After 17.00)</u></li> <li>Up to 16 year olds contact '111' out of hours GP.</li> <li>16-18 year olds <b>that are known to CAMHS</b> can contact CRHT <b>0300 1233924.</b> Those not known to CAMHS, a health professional can liaise with CRHT e.g. GP, MHLT, QA Hospital.</li> </ul>	<ul style="list-style-type: none"> <li><b>CAMHS Crisis</b> Intensive crisis care package for short term support (in hours).</li> <li><b>Crisis Resolution Home Treatment</b> Intensive crisis care package for short term support (out of hours).</li> <li><b>GP-</b> brief assessment and facilitation of mental health advice/ access (An on call Psychiatrist or SPA Clinician is available for advice for making a care plan).</li> </ul>
<p><b>SEVERE</b></p> <p>Severe and complex mental health symptoms that are chronic, ongoing, and significantly impacting daily life</p>	<ul style="list-style-type: none"> <li>Eating disorders.</li> <li>Psychosis.</li> <li>Suicidal thoughts <b>WITH</b> intentions.</li> <li>Self-harm (deep cuts requiring immediate medical attention, burning, attempted suicide).</li> <li>Anxiety (high anxiety affecting daily functioning, i.e. unable to leave house or attend school).</li> <li>Neurodevelopmental differences (ND) such as autism spectrum disorder or attention deficit disorder (CAMHS ONLY).</li> </ul>	<ul style="list-style-type: none"> <li>Up to 18 years old call/refer to CAMHS Single Point of Access. Please note referrals for neurodevelopmental assessments are preferred via schools.</li> <li>18 plus access Adult Mental Health Team through a health professional e.g. GP, Midwife, Substance Misuse Practitioner (Not Neurodevelopmental Differences) <b>0300 1233921.</b></li> </ul>	<ul style="list-style-type: none"> <li><b>CAMHS</b> Information resource and evidenced based treatment for mental health disorders. This can include medication and talking therapies on a 1-2-1, group or family basis.</li> <li><b>Talking Change</b> A range of therapies and treatments for those dealing with common mental health difficulties in a 1-2-1 or group setting where the self-harm is not the main priority (only Young People at minimal risk i.e. those young people who are able to keep themselves safe for up to two weeks whilst waiting for treatment).</li> </ul>
<p><b>MODERATE</b></p> <p>Moderate mental health symptoms that are ongoing and impacting daily life</p>	<ul style="list-style-type: none"> <li>Post-Traumatic Stress Disorder &amp; trauma</li> <li>Obsessive Compulsive Disorders.</li> <li>Self-harm (regular surface cuts) and suicidal thoughts without intent to seriously harm.</li> <li>Anxiety (frequent and increased impact on some areas of life - e.g. occasionally struggles to leave house or attend school).</li> </ul>	<ul style="list-style-type: none"> <li>Up to 18 years old call CAMHS Single Point of Access. Please note referrals for neurodevelopmental assessments are preferred via schools.</li> <li>16 years plus can self-refer to Talking Change (young people with common mood/anxiety disorders with minimal risk who are able to keep themselves safe for up to 2 weeks whilst waiting for treatment) <b>0300 123 39 34</b></li> <li>Mon-Thurs: 08.00-20.00/Fri:08.00-17.00/Sat: 09.00-13.00 <b>(Not Neurodevelopmental Differences or Self Harm related)</b></li> <li><b>Positive Minds</b> 18 years old and above, no referral required Mondays-Fridays: 12.30pm – 7.30pm Saturdays: 10.30am – 1.30pm <b>02392 824795</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Adult Mental Health</b> – Information resource and treatment provided to adults of working age with severe and enduring mental health problems in the community and in hospital if required.</li> <li><b>Positive Minds</b> - An open, accessible and inclusive place in Portsmouth where help and support is available to people aged 18 + facing distress in their lives. There are a range of activities, training, life coaching and other community support services offered both in 1 to 1 and group based sessions</li> </ul>
<p><b>MILD</b></p> <p>Behavioural and emotional responses to relationships and life events</p>	<ul style="list-style-type: none"> <li>Substance misuse including alcohol use</li> <li>Whole Family Based work.</li> <li>Healthy weight.</li> <li>Parenting and behaviour help.</li> <li>School Attendance.</li> </ul>	<ul style="list-style-type: none"> <li><b>Early Help and Prevention Service</b> via (MASH) <a href="mailto:pcc.raduty@portsmouthcc.gov.uk">pcc.raduty@portsmouthcc.gov.uk</a> 02392688793 or 0845 6710271.</li> </ul>	<ul style="list-style-type: none"> <li><b>Early Help and Prevention Service via the Multi Agency Safeguarding Hub (MASH) for 5-19 year olds</b> Family help following Early Help Assessment with allocation by the (MASH). School Nurse may get involved following this assessment as part of Early Help Service.</li> </ul>
	<ul style="list-style-type: none"> <li>Self-esteem issues.</li> <li>Difficult family relationships.</li> <li>Bullying and difficult relationships at school.</li> <li>Life transitions (divorce, moving home, moving school).</li> <li>School work issues and poor behaviour.</li> <li>Anger management and self-regulation issues.</li> <li>Self-harm (surface cuts, head banging, occasional without intention to seriously harm oneself).</li> <li>Anxiety (low level, relating to a recent event, i.e. response to bereavement, divorce, changing schools).</li> </ul>	<ul style="list-style-type: none"> <li>Young people/parent referrals can call - <b>02392 827026</b> Mon–Thurs: 0800–2200/Fri:0800-1800/Sat:0900-1700.</li> <li><b>Drop In:</b> 58d High St Cosham Mon–Thurs: 0930–2100/Fri:0930-1430/Sat:0900-1330.</li> <li><b>Referrals from Health Professionals must use web-form:</b> <a href="https://www.relate.org.uk/portsmouth-district/agency-referral">https://www.relate.org.uk/portsmouth-district/agency-referral</a></li> <li><b>Referrals from parents/young people must use web-form:</b> <a href="https://www.relate.org.uk/portsmouth-district/self-or-parent-referral">https://www.relate.org.uk/portsmouth-district/self-or-parent-referral</a></li> <li><b>Email address:</b> <a href="mailto:relate@relateportsmouth.org.uk">relate@relateportsmouth.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li><b>U Matter - The Early Intervention Emotional Health and Wellbeing Service for 8 -18 year olds</b> Informal early support, counselling and peer mentoring.</li> </ul>

Please note this document is only intended as a guide as it does not include all support available