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

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| An extreme event that could mean a risk to life of self or others | - 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.  
- Usually lasting no longer than 2-3 days | - In a Medical Emergency call 999. In Hours {09.00-17.00}  
- 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. 0300 1236632.  
- 18 years plus call CRHT{Adult CRISIS TEAM} 0300 1233924. Out of Hours {After 17.00} | - CAMHS Crisis Intensive crisis care package for short term support (in hours).  
- Crisis Resolution Home Treatment Intensive crisis care package for short term support (out of hours). |
| **SEVERE**    |                         |                      |               |
| Severe and complex mental health symptoms that are chronic, ongoing, and significantly impacting daily life | - Post-Traumatic Stress Disorder.  
- Obsessive Compulsive Disorders.  
- Eating disorders.  
- Psychosis.  
- Suicidal thoughts WITH Intentions.  
- Self-harm (deep cuts requiring immediate medical attention, attempted suicide).  
- Anxiety (high anxiety affecting daily functioning, i.e. unable to leave house or attend school).  
- Neurodevelopmental differences (ND) such as autism spectrum disorder or attention deficit disorder (CAMHS ONLY). | - Up to 18 years old call/refer to CAMHS Single Point of Access. Please note referrals for neurodevelopmental assessments are preferred via schools.  
- 16 years plus can self-refer to Talking Change {minimal risk i.e. those young people who are able to keep themselves safe for up to two weeks whilst waiting for treatment} 02392 892920 Mon- Thurs: 08.00-20.00/Fri: 08.00-17.00/ Sat: 09.00-13.00 {Not Neurodevelopmental Differences}.  
- 18 plus access Adult Mental Health Team through a health professional e.g. GP, Midwife, Substance Misuse Practitioner (Not Neurodevelopmental Differences) 0300 1233921. |
| **MODERATE**  |                         |                      |               |
| Moderate mental health symptoms that are ongoing and impacting daily life | - Self-harm (regular surface cuts) and suicidal thoughts without intent to seriously harm.  
- Anxiety (frequent and increased impact on some areas of life - e.g. occasionally struggles to leave house or attend school). | - Up to 18 years old call CAMHS Single Point of Access. Please note referrals for neurodevelopmental assessments are preferred via schools.  
- 16 years plus can self-refer to Talking Change {minimal risk i.e. those young people who are able to keep themselves safe for up to two weeks whilst waiting for treatment} 02392 892920 Mon- Thurs: 08.00-20.00/Fri: 08.00-17.00/ Sat: 09.00-13.00 {Not Neurodevelopmental Differences}.  
- 18 years old and above no referral required - call Solent Mind (Wellbeing Centre) - 02392 824795 Mon-Fri: 09.00-17.00  
- Drop In: 100 Palmerston Road, Southsea. | - CAMHS 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.  
- Talking Change A range of therapies and treatments for those dealing with common mental health difficulties in a 1-2-1 or group setting (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). |
| **MILD**      |                         |                      |               |
| Behavioural and emotional responses to relationships and life events | - Substance misuse including alcohol use  
- Whole Family Based work.  
- Healthy weight.  
- Parenting and behaviour help.  
- School Attendance. | - Early Help and Prevention Service via (MASH) pcc.raduty@portsmouthcc.gov.uk 02392688793 or 0845 6710271. |
|               |                         |                      |               |
|               | - Self-esteem issues.  
- Difficult family relationships.  
- Bullying and difficult relationships at school.  
- Life transitions (divorce, moving home, moving school).  
- School work issues and poor behaviour.  
- Anger management and self-regulation issues.  
- Self-harm (surface cuts, head banging, occasional, without intention to seriously harm oneself).  
- Anxiety (low level, relating to a recent event, i.e. response to bereavement, divorce, changing schools). | - Young people/parent referrals can call - 02392 827026  
|               | - Early Help and Prevention Service via (MASH) pcc.raduty@portsmouthcc.gov.uk 02392688793 or 0845 6710271. | - Early Help and Prevention Service via the Multi Agency Safeguarding Hub (MASH) for 5-19 year olds  
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. |
|               | - Young people/parent referrals can call - 02392 827026  
|               | - Early Help and Prevention Service via (MASH) pcc.raduty@portsmouthcc.gov.uk 02392688793 or 0845 6710271. | - U Matter - The Early Intervention Emotional Health and Wellbeing Service for 11-25 year olds  
Informal early support, counselling and peer mentoring. |

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