

Main services available in Portsmouth for children and young people with emotional or mental health needs (Up to 19 years of age)

LEVEL OF NEED	PRESENTATIONS/SYMPTOMS	SERVICE AND CONTACTS	SERVICE OFFER
<p>CRISIS</p> <p>An extreme event that could mean a risk to life of self or others</p>	<ul style="list-style-type: none"> 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 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. 	<ul style="list-style-type: none"> In a Medical Emergency call 999. <u>In Hours (09.00-17.00)</u> 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. <u>Out of Hours (After 17.00)</u> Up to 16 year olds contact ‘111’ out of hours GP. 16-18 year olds that are known to CAMHS can contact CRHT 0300 1233924. Those not known to CAMHS, a health professional can liaise with CRHT e.g. GP, MHLT, QA Hospital. 	<ul style="list-style-type: none"> 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). GP- 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).
<p>SEVERE</p> <p>Severe and complex mental health symptoms that are chronic, ongoing, and significantly impacting daily life</p>	<ul style="list-style-type: none"> Eating disorders. Psychosis. Suicidal thoughts WITH intentions. Self-harm (deep cuts requiring immediate medical attention, burning, 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). 	<ul style="list-style-type: none"> Up to 18 years old call CAMHS Single Point of Access. Please note referrals for neurodevelopmental assessments are preferred via schools. 0300 1236632. 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) (Not Neurodevelopmental Differences or Self Harm related) <p>Mon-Thurs: 08.00-20.00/Fri:08.00-17.00/Sat: 09.00-13.00 0300 1233934.</p>	<ul style="list-style-type: none"> 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 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).
<p>MODERATE</p> <p>Moderate mental health symptoms that are ongoing and impacting daily life</p>	<ul style="list-style-type: none"> Post-Traumatic Stress Disorder & trauma Obsessive Compulsive Disorders. 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). 	<ul style="list-style-type: none"> Early Help and Prevention Service via (MASH) MASH@secure.portsmouthcc.gov.uk 02392688793 or 0845 6710271. 	<ul style="list-style-type: none"> 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.
<p>MILD</p> <p>Behavioural and emotional responses to relationships and life events</p>	<ul style="list-style-type: none"> Substance misuse including alcohol use Whole Family Based work. Healthy weight. Parenting and behaviour help. School Attendance. Low mood. Panic symptoms. Worry. Simple phobia (not blood/needle). Anxiety based school avoidance. Stress management i.e. exam stress. Behavioural difficulties. Separation/Generalised Anxiety. Panic Disorder. OCD. Social Anxiety. Specific Phobia. PTSD. Depression. 	<ul style="list-style-type: none"> Young people/parents can speak to their school about making a referral to MHST. The school then make contact with MHST (MHSTCamhsPortsmouth@solent.nhs.uk) to arrange a consultation call to discuss completing MHST referral if appropriate.* * MHSTs are currently working with 32 Portsmouth primary and secondary schools. It's expected all schools and colleges will receive full MHST support from early 2022. Young people/parents should be advised to explore with the school what support is available. Young people can self-refer/register on Kooth.com, no referral required, site available 24/7, counselling available 12noon-10pm Mon-Fri and 6pm-10pm weekends 365 days per year. 	<ul style="list-style-type: none"> Mental Health Support Team (MHST) - deliver evidence based early interventions for children and young people with mild to moderate mental health problems. This includes 1:1 high/low intensity CBT, work with parents and group work. Kooth.com provides a digital emotional health and wellbeing service for young people from age 11-18 (Up to age 25 for care leavers and those with EHCP). Young people can access self-help resources, moderated peer support and professional support from counsellors. <p>Other digital self-help services are also available such as Young Minds, ThinkNinja, Every Mind Matters, Anna Freud Centre, Rise Above and The Mix.</p>

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

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