



# CAMHS Referral

## What to expect



If you are reading this leaflet you may have been referred to CAMHS or might be thinking about whether you would like a referral\* to CAMHS.

\*A referral is when a professional that knows you writes to us to ask us to contact you to see if we can help. This might be your doctor, social worker or a teacher at your school or college.

### What will happen next?

You will receive a call from us on 02381 032 800 to let you know we have your referral and check the best way to contact you.



A member of the Single Point of Access (SPA) team will then make contact with you and/ or your carers again as soon as we can by phone to discuss any concerns you have in a little more detail.

We will ask you some questions to find out more about any concerns you have about your mental health and things that have been tried to help you with this.

We may also ask questions about who lives at home with you, where you go to school or college and if you have any one else supporting you at the moment.

It may be that during our call we find out that CAMHS is not the right service to help at the moment.

If that is the case we will offer you advice and guidance around accessing other support.



If during our call we agree CAMHS may be helpful we will invite you to come and meet with a member of our team at Falcon House for an appointment.

This appointment is called an options appointment.



**Any Questions or to speak to someone sooner please call our duty team on 0300 123 6632**

