**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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| **LEVEL OF NEED** | **PRESENTATIONS/SYMPTOMS** | **SERVICE AND CONTACTS** | **SERVICE OFFER** |
| **CRISIS**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)* 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.
 | * **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).
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| **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 W**ITH** 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).
 | * 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.**  | * **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). * **Adult Mental Health –** 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.
* **Solent Mind - Wellbeing Service** this service provides low level psychological therapy, social inclusion and support with finding work, education, apprenticeships. Peer works/professionals (from 18 upwards).
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| **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 - 02392 824795 Mon-Fri: 09.00-17.00
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| **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. | * **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. |
| * 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**

Mon–Thurs: 0800–2200/Fri:0800-1800/Sat:0900-1700.* **Drop In**: 58d High St Cosham

Mon–Thurs: 0930–2100/Fri:0930-1430/Sat:0900-1330.* **Referrals from Health Professionals must use web-form:** <https://www.relate.org.uk/portsmouth-district/agency-referral>
* **Referrals from parents/young people must use web-form:**<https://www.relate.org.uk/portsmouth-district/self-or-parent-referral>
* **Email address**:relate@relateportsmouth.org.uk
 | * **U Matter - The Early Intervention Emotional Health and Wellbeing Service for 8 -18 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**