**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). |
| **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). |
| **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 |
| **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](mailto: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](mailto: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**