


If the referral is not accepted the referrer will receive feedback about the reasons for non-acceptance and any relevant information about alternative sources of help.


Following a CHOICE appointment if further work with the child or young person is indicated then they are taken on for work in PARTNERSHIP and allocated a care co-ordinator who will act as a point of contact for further information.

### Further help and advice


If you have any queries about referrals we encourage you to discuss these with the CAMHS duty worker.

### Contact Herefordshire CAMHS

 **Write to:** The Linden Child and Family Centre, The Health Centre, Gaol Street, Hereford HR1 2HU

 **Telephone:** 01432 378940

 **Fax:** 01432 378916

 **Visit:** [www.2gether.nhs.uk/camhs](http://www.2gether.nhs.uk/camhs)

### Useful links for Practitioners



**Mind Ed**  
E-learning for practitioners  
[www.minded.org.uk](http://www.minded.org.uk)



**Head Meds**  
Information about medication for young people  
[www.hedmeds.org.uk](http://www.hedmeds.org.uk)



**Young Minds**  
The voice of young people's mental health and wellbeing  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



**Royal College of Psychiatrists**  
Information for parent/carers children and young people  
[www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx)

[www.2gether.nhs.uk](http://www.2gether.nhs.uk)

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# Child and Adolescent Mental Health Services (CAMHS)

## Making a referral

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## What does the Child and Adolescent Mental Health Service (CAMHS) do?

CAMHS in Herefordshire provides specialist mental health services for children and young people aged 0-18 years and their families and carers who live in Herefordshire and are registered with a Herefordshire GP.

The service is for children and young people who have complex and persistent mental health needs. This includes children and young people with a diagnosed learning disability, who present with additional mental health problems. It is also the access point for any mental health inpatient care that may be needed.

The service does not provide care where problems are less severe and do not require input from a specialist multi-disciplinary team. We work in partnership with schools, GPs, school nurses, hospital services, social workers health visitors and other services that support children and young people.

## Who can refer to CAMHS?

Referrals can be made by professionals including: GPs, school nurses, health visitors, specialist staff within schools, social workers, drug workers, YOS workers and paediatricians.

If you would like to discuss a potential referral or alternatives that might be more appropriate then please phone the duty worker at CAMHS (01432 378940) who will provide a call back service if they are busy with an urgent referral. More detailed referral guidelines are available on our website [www.2gether.nhs.uk/camhs](http://www.2gether.nhs.uk/camhs).

 To make a referral please use the referral form at [www.2gether.nhs.uk/camhs](http://www.2gether.nhs.uk/camhs) and forward to the Linden Centre

## What about urgent referrals?

In an emergency please contact the local emergency services in the usual way. We do not operate an emergency system but we do accept urgent mental health referrals. These should be faxed to 01432 378916 and you should telephone the Linden Centre to make sure they have been received.

An urgent referral is one where there is an acute mental health problem which gives rise to increasing risk behaviours and may result in harm to self or others.

## What information should a referral contain?

### Referral Checklist

- Name of child or young person and family members
- Details of who has parental responsibility (if known)
- Date(s) of birth
- Addresses and telephone numbers of child, young person and family members including postcode
- GP contact information and NHS number
- School
- Views of the child, young person and their family about the referral (consent)
- Any safeguarding concerns
- Whether the child or young person is in care
- Details of people who should and should not be contacted
- Details of any other professionals involved
- Description of the difficulty and the reason for your referral
- What has been tried already and any reports or information
- Your expected outcome, what you would like to happen

## What happens next?

All referrals to CAMHS are received at the Linden Centre and screened on a daily basis by a clinician.

If the referral is accepted the child, young person and/or family member are invited by letter to telephone the service to arrange a CHOICE appointment. The referrer and the GP will receive a copy of this invitation. A CHOICE appointment is a chance for a discussion about the difficulties and a decision made about the next steps.

Sometimes we ask that a practitioner involved with the child or young person also attends the appointment to help understand the circumstances in more detail. We ask the social worker to attend if the child or young person is in care.