Leicester City Clinical Commissioning Group
West Leicestershire Clinical Commissioning Group
East Leicestershire and Rutland Clinical Commissioning Group

NHS

LEICESTER, LEICESTERSHIRE & RUTLAND CHILDREN & YOUNG PEOPLE MENTAL HEALTH SERVICE INFORMATION FOR PROFESSIONALS

MENTAL HEALTH DISORDERS AFFECT 1 IN 8 CHILDREN AND YOUNG PEOPLE IN ENGLAND

INTRODUCTION

Dear Colleague

The purpose of this guide is to support professionals to consider a choice of support available to access emotional, mental health and wellbeing services across Leicester, Leicestershire and Rutland for the children, young people and families you work with.

These services offer a range of high level, moderate and low level emotional, mental health interventions and support including, information, advice and self-help to support children, young people and families. Wherever you work, Leicester, Leicestershire or Rutland, all children and young people can be referred to these services. Some services have dedicated numbers to contact for each area and these have been added.

I hope you find the information useful and whilst it's not an exhaustive list of services, it will provide an insight into the wide range of services available and how to access them. I hope you will be able to put this on your organisational website for ease of access by professionals.

Tricia Reynolds

CAMHS Commissioning & Transformation Officer

Working together to support all C&YP with their mental health and emotional wellbeing across LLR

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FINDING THE RIGHT SERVICE

Children & Young People Referrals Guidance for GP's

Seek Advice before referring to Hospital

Call Consultant Connect for Advice
Tel: 01865 261467
Email: hello@consultantconnect.org.uk

Urgent Mental Health

- Direct Referral to Crisis Team .....Page 7
- All Age 24/7 MH Hub .....Page 5
- Triage and Navigation Service .....Page 6

CAMHS & ADHD/Autism

- Triage and Navigation Service .....Page 6
- Community Paediatrics Service.....Page 9

Eating Disorders
Routine & Urgent

- Direct Referral to Eating Disorders .....Page 8
- Triage and Navigation Service .....Page 6

Moderate to low level mental health and emotional wellbeing

- Triage & Navigation Service.....Page 6
- Referrals to Social Care.....Page 6
- Sign Post to a service in the community.....Page 10—12

Low level emotional wellbeing

- Sign Post to Self Help Online Support.....Page 14

ACCESSING URGENT HELP

IN AN EMERGENCY

Call 999 or refer to A&E if life is at risk and C&YP don't feel safe

ALL AGE 24/7 URGENT CARE HUB CRISIS SERVICE

Based in the **Bradgate Mental Health Unit**, the new hub will operate round the clock to provide mental health assessments and care for people with urgent mental health needs. People will be **referred** to the hub from the police, A&E, NHS111, the crisis team, other LPT services and GPs. ***Please note that C&YP will not be able to stay overnight in the hub and will be given a day time appointment***

CALL NHS 111 AND ASK FOR AN URGENT GP APPOINTMENT for urgent help for mental health and for C&YP who are struggling to cope but it's not an emergency

CALL THE CENTRAL ACCESS POINT (CAP) 24 hours a day, 7 days a week for urgent support. This is a self-referral service details will be collected and a slot will be booked via phone contact within 2 hours. **Telephone: 0116 295 3060**

Leicester Children's Hospital

REFERRALS INTO SERVICES GUIDE FOR PROFESSIONALS

SAFEGUARDING

Leicester Safeguarding Children Partnership Board
WORKING TOGETHER TO KEEP CHILDREN SAFE

Safeguarding Children Partnership
LEICESTERSHIRE & RUTLAND

If you're worried about a child or young person and think they may be a victim of neglect, abuse or cruelty, contact your local Children's Social Care office - please see the links below. You do not need to know everything about the child or what is happening. You may just be worried, or feel that something is not right . **https://lrsb.org.uk/childreport**

If it is an emergency, you should call the Police on 999.

If you are concerned that someone in a position of trust has harmed a child or behaved in a way that indicates that they may be unsuitable to be in a position of trust, please contact the LADO to discuss your concerns promptly, **before** speaking to the person of concern - Please click on the following link for contact names and numbers for **LADO**

MAKE A REFERRAL INTO THE TRIAGE & NAVIGATION SERVICE

The children and young people Emotional, Mental Health and Wellbeing Triage and Navigation Service are a central point of contact for referrals for professionals working with C&YP. The T&N team will ensure that the children and young people get access to the right care to meet their needs.

Referrals Through Prism

Or Referral Forms to secure email: dhul.dhu-cypservices@nhs.net

LOCAL AUTHORITY EARLY HELP SERVICES (LLR)

Early Help offers a range of universal and targeted support to help tackle problems for children, young people and their families . Help may be offered at any point in a child or young person's life.

Leicester City—Telephone: 0116 454 1004

Rutland—Telephone: 01572 772 577 Ext. 8493

Leicestershire— Telephone: 0116 3050005

THE PRIMARY MENTAL HEALTH PROFESSIONAL ADVICE SERVICE (PAS)

Call the professional Helpline and discuss the needs of the child/young person and get some general advice. **Tel: 0116 295 5048**

CHILDREN AND ADOLESCENT MENTAL HEALTH SERVICES

CAMHS

The Child and Adolescent Mental Health Service (CAMHS) helps children and young people who have been referred by another healthcare professional. Referrals are made if it is thought that the child or young person has emotional and/or behavioural difficulties at a level which requires specialist support.

Receives referrals from GP, Triage & Navigation Service

MENTAL HEALTH CENTRAL ACCESS POINT

Using Turning Point's established Freephone number , the re-named **mental health central access point** will give people of all ages free round-the-clock 'phone access to urgent support, advice, signposting and referral for themselves or on behalf of others.

Freephone number 0808 800 3302

CRISIS RESOLUTION & HOME TREATMENT SERVICE

The service provides input for up to 6 weeks to help with crisis management and resolution and transition of care to appropriate long term service.

Takes referrals from T&N, GP, SW, School nurses, health visitors, voluntary services, CAMHS Mental Health urgent help Hub, All Age Mental Health Team at LRI, CJIT and NHS111.

PRIMARY MENTAL HEALTH TEAM

Works between primary care services– for example GPs and public health (school) nurses – and specialist CAMHS outpatient teams. The team treats young people having difficulties with their mental health or emotional wellbeing, and who may be at risk of developing a mental health disorder. **Referrals from professionals via T&N and CAMHS**

THE YOUNG PEOPLE'S TEAM

Works with vulnerable young people in care and those who are involved with the youth offending service. **Referrals via CAMHS**

ADVERSE CHILD HOOD EXPERIENCES

The Service provides support to C&YP with 'Adverse Childhood Experiences and provides training on Trauma Informed Approaches to professionals. **Referrals from CAMHS & LA's**

CHILDREN AND ADOLESCENT MENTAL HEALTH SERVICES

THE CAMHS EATING DISORDERS SERVICE is based at Mawson House in Leicester and offers specialist outpatient assessment and treatment to young people and their parents affected by eating disorders. **Referrals via T&N, CAMHS, GP's, School Nurses & Paediatricians**

THE CAMHS LEARNING DISABILITY SERVICE provides services for children with a moderate to profound learning disability as defined in ICD 10 presenting with mental health and or associated behavioural problems.
Referrals by CAMHS, LD Teams

THE CAMHS PAEDIATRIC PSYCHOLOGY SERVICE works with children and young people who have physical health problems and are experiencing mental health challenges related to those problems. **Referrals Via GP**

THE CAMHS COMMUNITY PAEDIATRIC SERVICE works with children and young people who have developmental problems, medical assessment for moderate/severe learning difficulties.

Referrals Via GP to T&N, must include school evidence Yr 7 age or below

THE P.I.E.R TEAM
The service helps people (aged 14 to 64 years) who have experienced a first episode of psychosis to recover, manage any ongoing difficulties and to minimise the chance of potential relapse.

Other healthcare professionals can contact the service for further information, advice and support

Referrals by GPs Tel: 0116 2943167

ACCESSING HELP FROM A LOCAL AUTHORITY SERVICE

LOCAL AUTHORITY EARLY HELP SERVICES (LLR)

Early Help offers targeted support with a focus on building resilience and confidence in children, young people and families. The aim is to help families access the right services at the right time to improve positive outcomes for families. This can include telephone advice, signposting, group programmes, youth work, workshops, short term and more intensive family support, emotional wellbeing support for children. **Leicester City—Tel: 0116 454 1004,**

Rutland—Tel: 01572 772 577 Ext. 8493 , Leicestershire — Tel: 0116 3050005

CHILDREN'S EARLY INTERVENTION PSYCHOLOGY SERVICE (CEIPS) (Leicester City Only)

The team offers short term targeted therapeutic interventions in various settings on an individual or group basis for children (0—18) and their families. For further information or an informal discussion regarding requests for involvement contact the CEIPS team:
Tel: 0116 454 5470, Email: CEIPS@leicester.gov.uk

SPECIAL EDUCATIONAL NEEDS AND DISABILITY INFORMATION, ADVICE AND SUPPORT SERVICE (SENDIASS)

Leicestershire, is a statutory service. Providing free, impartial and confidential advice and support to parents and carers of young people aged 0-25 with special education needs or disabilities as well as young people themselves. Website: **SENDIASS**

LOOKED AFTER CHILDREN

The Looked After Children's Health Team (LAC Team) aim to promote the health and well-being of children and young people who are looked after, including unaccompanied asylum seeking children. Referrals into the LAC Health Team are made by Social Workers for all looked after children and young people. Carers and young people can contact the LAC Health Team for general advice on **0116 2951370** or make an appointment with their GP for specific health needs or illness.

LEICESTERSHIRE YOUTH OFFENDING SERVICE

The Leicestershire Youth Offending (YOS) is a multi-agency partnership which includes, the Local Authority Police, the Probation Service, the NHS and Youth Services, all of whom jointly resource a multi-disciplinary team. Its main aim is prevent and reduce children and young people reoffending and promoting safer communities. **Email: youthoffendingservice@leics.gov.uk**
Tel: 0116 305 0030

SEND LOCAL OFFER

The 'Local Offer' is the phrase used to describe what is on offer for children and young people and their families with special educational needs and disabilities. The Local Offer brings together in one place information about health, education and social care.

You can find out more about the support available, information and guidance on the local authority websites: **Leicester City Council SEND Local Offer**

Leicestershire County Council SEND Local Offer

Rutland County Council SEND Local Offer

Leicester's SEND Local Offer

ACCESSING HELP FROM A COMMUNITY SERVICE

EARLY INTERVENTION SERVICE

The Early intervention Service is an emotional wellbeing and therapeutic support service for children and young people between the age of 5-18 years old living in Leicester, Leicestershire and Rutland with low/moderate mental health needs.

Receives Referrals from Triage & Navigation Service or CAMHS

FAMILY ACTION POST SEXUAL THEREUPEUTIC SUPPORT

Offers direct support by telephone or video calls and advice and information to children and families and to other professionals supporting families where a child has been sexually abused.

To contact email on: leicester@family-action.org.uk.

First Step

Providing free confidential Counselling services to male survivors of sexual abuse and their supporters living in the city of Leicester, Leicestershire and Rutland to enable survivors to make the "First Step" towards feeling less isolated through increased personal power to makes choices , 13 to 17yrs.

Contact via Website: **First Step** Tel: **0116 254 8535**

Email: **contact@firststepleicester.org.uk**

Diana Service—Rainbows

The Diana Service provides care and support for children and families requiring special nursing care in a community setting:

Tel: 0116 2955080 (8am - 4pm)

FYPCDianaAdmin@leicspart.nhs.uk

PAPYRUS LEICESTER

Advice and support for children and young people experiencing suicidal thoughts and feelings

Tel: 0800 068 4141, Text: 07860039967,

Website: https://papyrus-uk.org/hopelineuk/

ACCESSING HELP FROM COMMUNITY SERVICES

TURNING POINT

Providing innovative integrated care in communities, specialising in substance misuse, mental health, learning disability, employment services, criminal justice, primary care and public health.
Tel: 0330 303 6000

Email: YPandYAservice@turning-point.co.uk.cjsm.net
Web Site: Turning Point

TRADE SEXUAL HEALTH

Free, confidential health advice, information, services & support for the lesbian, gay, bisexual and trans communities of Leicester, Leicestershire & Rutland. Provides, drop in, testing, counselling. **Web Site: www.tradesexualhealth.com/**

TALK²SORT MEDIATION SERVICE

If you are aged 11-19 and you and your family are having problems at home or with your relationships, this service could help.
Website: **The Bridge**

talk²sort Mediation

LAMP MENTAL HEALTH ADVOCACY

Providing free community mental health advocacy for people living in Leicester, Leicestershire and Rutland as well as Carers Advocacy for people in these areas.

Leicestershire Action for Mental Health Project lamp

Email: info@lampdirect.org.uk Tel: 0116 255 6286

Website: Lamp

ADHAR

Adhar provides a range of low level preventative, community-based support opportunities for people with mental health needs and their carers, primarily but not exclusively targeted at the Asian and Black African/Caribbean Communities living in the city of Leicester.

ADHAR

Please call **0116 220 0070** for more information

Website: **Adhar**

ADHD SOLUTIONS

ADHD Solutions provides information, help and support for children, young people, and adults with ADHD (Attention Deficit Hyperactivity Disorder) their families and professionals who supports them or works with them.

Telephone: 0116 261 0711—Email: Info@adhdsolutions.org

ADHD Solutions CIC

ACCESSING HELP FROM COMMUNITY SERVICES

UNLOCKING POTENTIAL PROJECT

Supports young people aged 16-25 who are at risk of offending, current offenders or ex-offenders. It offers holistic support to address social, practical, economical and emotional issues which prevent young people from accessing education, employment or training thus greatly reduces their risks of offending and/or reoffending including in relation to violence.
Website: Unlocking Potential

THE VIOLENCE INTERVENTION PROJECT (VIP)

A pioneering new service for Leicester, Leicestershire and Rutland which focuses on helping young people at a 'reachable moment', The service was launched in 2019 and has now been commissioned until March 2021, delivered by Turning Point—**Web Site: Turning Point**

CAREFREE BARNARDO'S SUPPORTING YOUNG CARERS

Provides a range of services for young carers under 18 (city) 19 (county) who provide regular and ongoing care and/or emotional support to a family member who are physically or mentally unwell, disabled and/or misuses substances.
Tel: 0116 2867182
Email: carefree@barnardos.org.uk

THE CENTRE FOR FUN & FAMILIES LTD (CFF)

CFF helps young people and their parents/carers who are experiencing communication, relationship, behaviour and mental health difficulties.
Tel: 0116 2234254
Email: centre@cffcharity.org.uk
Website: www.cffcharity.org.uk/programmes

NEW DAWN NEW DAY

Deliver a range of services to vulnerable and socially excluded women and girls designed to meet their multiple and complex needs. providing a safe environment and high quality, gender-responsive, trauma-informed support

Tel: 0333 3444304

***Email:* admin@ndnd.org.uk**

***Website:* http://counsellingforwomen.org.uk**

ACCESSING HELP IN SCHOOL

PUBLIC HEALTH SCHOOL NURSING TEAMS

Once a child starts school, the school nurses take over the care from the health visitor. The school nurses are responsible for looking after the health of children whilst they are in school, from 5-19 Yrs.

When a child is in reception year, they will be offered a growth measurement as part of the National Child Measurement Programme, a hearing test by the audiology team and a nasal flu vaccination.

These are some of the things the school nurses support parents and children with; Behaviour, Continence, Physical Health, Emotional Health, Parenting Advice, Healthy Lifestyles

Access to school Nurses— In school or by phone text messaging - Healthy Together Programme

SENCO

If a child has a condition or impairment, they can get extra support and adjustments at school.

This is called Special Educational Needs (SEN) support.

- If they find it harder to learn than other children their age
- They have a condition which means their school or the way they are taught is not accessible to them

There are several education support services for children with special educational needs and their families. These include hearing and visual support as well as help with mental and emotional health issues. Further information can be found on the links for each Local Authority area below.

- Leicester City
- Leicestershire
- Rutland

WELLBEING RETURN TO EDUCATION PROGRAMME

Wellbeing for Education Return is a programme that seeks to better equip schools and colleges to promote children and young people's wellbeing, resilience, and recovery in response to Covid-19. As well as strengthening and building wellbeing and resilience, this aims to prevent the onset of mental health problems and ensure those with pre-existing or emerging difficulties access the right support.

MENTAL HEALTH SUPPORT TEAMS (MHSTS) IN SCHOOLS—COMING SOON

The MHSTs will cover around 20 schools (primary, secondary and special schools) in each of the three localities. The model will be fully embedded by November 2021.

SIGNPOST TO SELF HELP SERVICES

KOOTH ONLINE 11-18 YRS.

Your online wellbeing community for free, safe and anonymous support and counselling. Register at www.kooth.com

Just some of the other things you'll find on Kooth

Articles
Helpful articles, personal experiences and tips from young people and our Kooth team.

Discussion Boards
Start or join a conversation with our friendly Kooth community.

Chat with the team
Chat to our helpful team about anything that's on your mind. Message us or have a live chat. Every Night Until 10.00 pm

Daily Journal
Write in your own daily journal to track your feelings or emotions and reflect on how you're doing

Access the **Mini-Activities hub** - 'Activities to help you build valuable life skills and explore who you are.'

HEALTHY TOGETHER PROGRAMME 5—19

Healthy Together provide confidential advice and support for children, young people of school age and their families. Referrals regarding any aspect of children and young people's health and wellbeing, for example: Toileting, Diet, nutrition and healthy eating.

Contact details for local teams can be found on www.healthforkids.co.uk

HEALTH FOR KIDS, INFORMATION AND ADVICE FOR PARENTS

Text Messaging Service

Leicester City Text: 07520 615381

Leicestershire & Rutland Text: 07520 615382

HEALTH FOR TEENS

Advice and support for young people

https://www.healthforteens.co.uk

MENTAL HEALTH SUPPORT FOR MUMS

The confidential service offers expert advice and information to support mothers who struggle with mental health issues during pregnancy and baby's first year. It is provided via a dedicated
Text line – 07507 330 026

HELP YOUR SERVICE USERS TO GET TO THE RIGHT PLACE

Find the help you need
Children & Young People's
Mental Health & Emotional Wellbeing

Leicester City Clinical Commissioning Group
West Leicestershire Clinical Commissioning Group
East Leicestershire and Rutland Clinical Commissioning Group

NHS

Self Help	**Your child feels less well, resilient or happy** Consider using the online counselling service **www.kooth.com** or text the school nursing teams: **City: 07520 615386 — Leicestershire & Rutland: 07520 615387**
Access More Help	**You need to access higher level support for your child** Call a GP Practice and ask for a referral to the: **Triage & Navigation Service** to access the right support for your child. **Call your Local Early Help Service — Leicester City Tel: 0116 454 1004** **Leicestershire Tel: 0116 3050005 Rutland Tel: 01572 772 577 Ext. 8493**
Get Access to Urgent Mental Health Support	**Your child needs Urgent Care, in crisis or self harming** **Call 111,** your **GP** Or **Central Access Point** Tel: **0116 295 3060**
Urgent Care	**Your child is in a life threatening situation and not safe** **Call 999 or go to A&E**

Tricia Reynolds
CAMHS Commissioning & Transformation Officer

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