

Emotional Wellbeing, Mental Health and Eating Disorder Pathway for Professionals

CAMHS CAST - Consultation, advice, support and training - offers advice to all **professionals** working with children and young people - to find your local CAST worker:
www.hacw.nhs.uk/our-services/childrens-community-health-services/camhs/cast

Eating disorders:

Worker thinks that the child or young person may be suffering from an eating disorder or is at risk of developing an eating disorder.

What should you do?

Complete a CAMHS referral form (GPs should complete the eating disorders section including height, weight and relevant tests that have been undertaken). At CAMHS SPA the referral will be passed to the new CEDS-CYP (Community Eating disorder service for children and young people) team. The referral will be triaged within 1 day and contact made according to level of need. **Contact SPA: 01905 768300**

Suicide risk?

Follow WSCB guidance
'What to do if you believe a child or young person is at risk of suicide'
westmidlands.procedures.org.uk/local-content/ykjN/suicide-prevention

Mental health needs:

Worker thinks that the child or young person is suffering from a significant mental health need preventing them functioning within the norms of their age. These may be persistent and of a moderate to severe nature, causing significant difficulties with their relationships.

What should you do?

Complete CAMHS referral form
Speak to CAMHS Single Point of Access (CAMHS-SPA) regarding referral if necessary:
www.hacw.nhs.uk/camhs **Tel: 01905 768 300**
If out of hours follow Worcestershire's Children and Young People's Urgent Mental Health Care Pathway: worcestershirecs.proceduresonline.com/pdfs/mental_health_pathway.pdf

Reach 4 Wellbeing (R4W)

NHS service for face to face emotional wellbeing support:
www.hacw.nhs.uk/starting-well/reach4wellbeing

Emotional wellbeing needs:

Worker thinks that child or young person has emotional wellbeing needs. These will be starting to cause difficulties with their school work, friendships or family relationships. Needs cannot be met solely within universal services.

What should you do?

Discuss **Reach 4 Wellbeing** service with child/young person and/or parent/carer: this service offers face to face group work or individual support for 5-19 year olds with low level anxiety or depression. Make a referral, or suggest self-referral.
Discuss **Kooth** with child/young person and/or parent/carer and give them contact details for self referral.
Discuss **Worcestershire Healthy Minds**, which supports people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression.

Kooth.com

Self-referral for on-line emotional wellbeing support and counselling:
www.kooth.com

Worcestershire Healthy Minds

Self or professional referral, referral form on healthy minds website:
www.hacw.nhs.uk/our-services/healthy-minds

Safeguarding concern or other support needed:

If you are worried a child is in immediate danger contact the Police on 999. If you are concerned a child or young person may be in need of protection or safeguarding complete a cause for concern form. www.worcestershire.gov.uk/info/20383/are_you_a_professional_worried_about_a_child
Out of office hours (5:00pm to 8:30 am weekdays and all day weekends/bank holidays) contact the Emergency Duty Team (EDT) on 01905 768020