

Referral Guidance



Cheshire and Wirral
Partnership
NHS Foundation Trust

Who to refer

Young people under the age of 18 who have one or both of:

1. Symptoms that suggest significant health mental health disorder and that are of a severity that prevent or affect normal development (e.g. inability to attend school, socialise etc.) and/or
2. High levels of risk associated with significant and/or escalating self-harm

Symptoms of mental health disorders that CAMHS can help with include:

- Pervasive low mood with social withdrawal and loss of enjoyment
- Incapacitating anxiety
- Compulsions or rituals that get in the way of daily life
- Hallucinations or bizarre beliefs (please refer to Early Intervention in Psychosis team in the first instance if you think a psychotic illness is possible)
- Restricted eating with low weight or rapid weight loss. (For patients with a suspected eating disorder please include an up-to-date height and weight as well as any previous weights if available)
- Bingeing and vomiting associated with a disordered body image
- Painful or socially disabling tics

Problems where CAMHS are not likely to be the best service:

- Substance misuse problems – for Vale Royal please refer to Turning Point 01606 330033 and for South Cheshire please refer to ChangeGrowLive 01625 464995
- For Behavioural problems local parenting courses are the best intervention
- For young people where you suspect ADHD or Autistic spectrum condition please refer to community paediatrics
- Specialist CAMHS do not have resources or interventions to support young people who are struggling with understandable emotional responses to life events such as parental separation or bereavement unless these symptoms are severe and prolonged suggesting development of a mental illness.

What to put in the referral:

- An account of the symptoms- including onset and severity.
- Impairment in daily life from the symptoms
- Risk issues
- Any medical issues or prescribed medication
- Any relevant context (family, medical history, life events etc)
- Any other agencies involved
- What has been tried already
- A brief Mental state examination is also really helpful (even just a description of the child in the consultation)
- Anything else you think might be useful for us to know

If you would like CAMHS to refer the patient directly onto a more appropriate service if we don't think they are appropriate for our services please obtain consent from the family to do so. Unless you tell us the family have NOT consented to this we will assume you have done this. If you tell us family have not consented to onward referral we will attempt to send the referral back to you with some appropriate recommendations.

Mon – Fri: 1-5pm All Age Well-Being Hub CYP Advice line **01606 555120** *For professionals*
Mon – Fri: 5pm – 10pm Weekends and BH's 12 noon – 8pm CYP Out of Hours Advice Line **01244 397644** *For young people, family members and professionals*

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