



NORTH LONDON PARTNERS
in health and care



NCL CYP Mental Health contacts for GPs

Prepared for NCL GP Forum, as of 22 December 2020

Sally Hodges, NCL CYP MH Provider Lead/ Chief Clinical Operator, Tavistock & Portman
Tina Read, BEH Trust Wide Service Lead, CAMHS
Mimoza Qoba, NCL-wide crisis service clinical lead, Royal Free

The below set of slides includes 5 borough specific pages to summarise key contact information for primary care professionals when they are looking to support the mental health needs of children and young people.

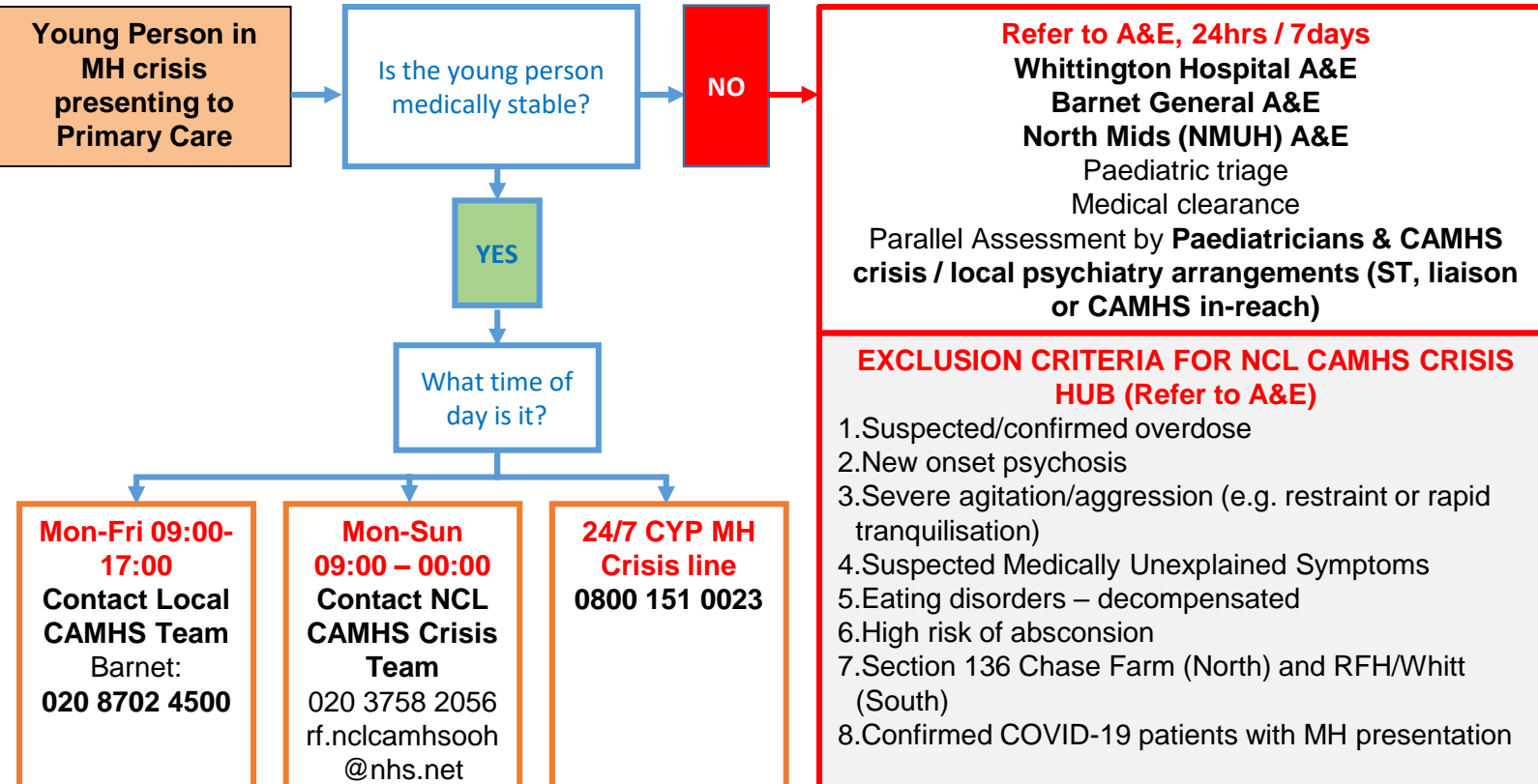
Please note there will be an updated version provided in the new year.



FOR PROFESSIONALS ONLY - Please note – this contact list is NOT to be shared with CYP and their families/carers, thank you.

Who to contact when concerned about a child or young person (<18 years) presenting with Mental Health Crisis

This applies to Children and Young People (CYP) <18 y/o who are **presenting with Mental Health Crisis** but do not require paediatric input. If suspicion or delayed disclosure of Overdose & DSH whilst assessing CYP in the community the normal protocol applies i.e. advise CYP to go to A&E.



EXCLUSION CRITERIA FOR NCL CAMHS CRISIS HUB (Refer to A&E)

1. Suspected/confirmed overdose
2. New onset psychosis
3. Severe agitation/aggression (e.g. restraint or rapid tranquilisation)
4. Suspected Medically Unexplained Symptoms
5. Eating disorders – decompensated
6. High risk of absconson
7. Section 136 Chase Farm (North) and RFH/Whitt (South)
8. Confirmed COVID-19 patients with MH presentation

Other useful contact information

1. **Crisis line for CYP families and professionals to contact direct if worried about a CYP, 24/7: 08001510023.** Now available to CYP in Barnet, Enfield, Haringey, Camden and Islington. Note, if the person is >18 years, there are different crisis lines.
 - Candi: 0800 917 3333
 - BEH: 0800 151 0023
2. If the CYP has a safety plan, you should contact the **named professional on the safety plan.**
3. If the CYP is known to CAMHS, they should contact their local CAMHS service.
4. **If the Child or Young person is not in crisis, but requires advanced and intensive diagnosis and treatment, professional referrals can be made to: 0208 7024 194; barnetcamhsreferrals@nhs.net**
5. **Other services (non-urgent)** on the following page.
6. Other social care and/or safeguarding contacts as per the NCL Healthcare Pathway for Children and Young People.
7. **Kooth:** A web based confidential mental health and wellbeing support and online counselling service available to young people aged 11-18 across NCL. Young people can be signposted via www.kooth.com and register. You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>
8. **Eating disorders can be referred to:** Royal Free CYP Eating Disorder Service. 020 7830 2931 Professional referrals: rf.camhsadmin@nhs.net

Mental health support for CYP in the Borough is available in schools, from the NHS, via local authority services and through voluntary and community organisations. It is important that CYP receive support at the right level of intensity and at the right time

ADVICE

Name of service	Type of support	Who is it for	How to access	Contact and referral
Homestart	Perinatal health coaching	For parents	Self-referral, professional referral	020 8371 0674; admin@homestartbarnet.org https://homestartbarnet.org/
	family health coaching (practical and emotional)	For the whole family		
Barnet Mencap	Parenting support for ADHD (Barnet Mencap)	For parents of children with ADHD	School and professional referral	020 8349 3842; projectsupport@barnetmencap.org.uk
Cambridge Ed	Parenting support and programmes for Autism	For parents of and CYP with autism	School and professional referral	020 8359 6336; beam.team@barnet.gov.uk

HELP

Name of service	Type of support	Who is it for	How to access, contact and referral
Barnet Integrated Clinical Services (BICS)	BICS offer mild to moderate mental health support to children, young people and families within Barnet. We see children, young people and families in schools, in the community, social care and youth offending settings. If you need to contact the BICS team, please call our Support Line on 07926 085495. Support lines are for CYP and families as well as professionals (e.g. social workers, children homes, education setting staff, Early Help professionals, GP surgeries). Please note that if a child has higher level mental health needs, they should be referred to the CAMHS BEH services in the usual way. BICS services: https://www.barnet.gov.uk/barnet-integrated-clinical-service-bics BICS podcasts, groups and workshops, please click on this link: https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/young-peoples-mental-health-and-well-being	All CYP and families 0-18 across the borough of Barnet presenting with mild to moderate MH presentations, including CYP known to Early Help, Children's Social Services (safeguarding teams, Children in care teams and REACH) and Youth Offending Services.	Self-referral and professional referral If you would like to refer a child, young person and/or family to BICS you should fill in the Universal Plus Form on the Barnet website. The Universal Plus form can be found at this location: https://www.barnet.gov.uk/www/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how Please click where it says 'Universal Plus form' – about halfway down the page. When completing the form please remember to complete the following sections as follows using the drop-down menu: Please select the service you want to submit this form to: BICS - Wellbeing and Mental Health Which locality Early Help Hub do you want to refer to: BICS Wellbeing and Mental Health
Kooth	Online counselling for CYP. You can also view a short video about the service at: https://vimeo.com/318731977/a9f32c87de	CYP up to 25 years	Online without referral: https://www.kooth.com/
Qwell	Online counselling for parents	Teachers and education staff	Online without referral: https://www.qwell.io/
Terapia	Counselling and play therapy	Care leavers	Professional referral: 020 8201 6101; sarah@terapia.co.uk
Rephael House	Play therapy and counselling	4-19 years	School, professional and self-referral 020 8440 9144; ceo@rephaelhouse.org.uk
Cmty Barnet	Integrated wellbeing service provided by VCSEs	18-24 years	

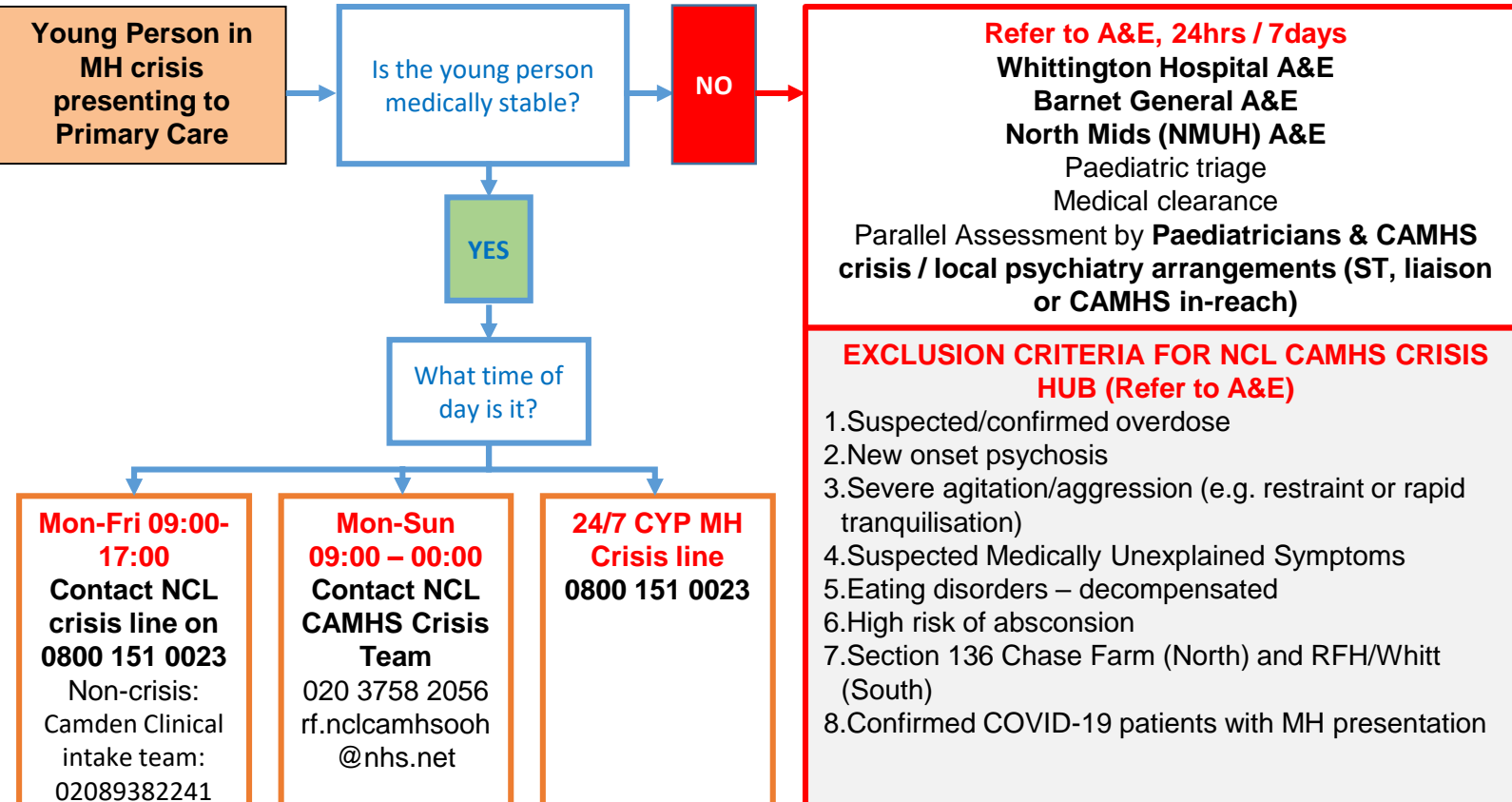
MORE HELP

Name of Service	Type of support	Who is it for	How to access, contact and referral
CAMHS Barnet Access	Advanced and intensive diagnosis and treatment (please only refer if above options are not suitable)	CYP with significant symptoms or comorbidities. Includes, ADHD, autism and psychiatric disorders	Professional referral, EMIS 0208 7024 194; barnetcamhsreferrals@nhs.net
Eating Disorders Service	Outpatient and intensive treatment of eating disorders	CYP <18 years with an eating disorder. NCL wide service	Professional referral: rf.camhsadmin@nhs.net

FOR PROFESSIONALS ONLY - Please note – this contact list is NOT to be shared with CYP and their families/carers, thank you.

Who to contact when concerned about a child or young person (<18 years) presenting with Mental Health Crisis

This applies to Children and Young People (CYP) <18 y/o who are **presenting with Mental Health Crisis** but do not require paediatric input. If suspicion or delayed disclosure of Overdose & DSH whilst assessing CYP in the community the normal protocol applies i.e. advise CYP to go to A&E.

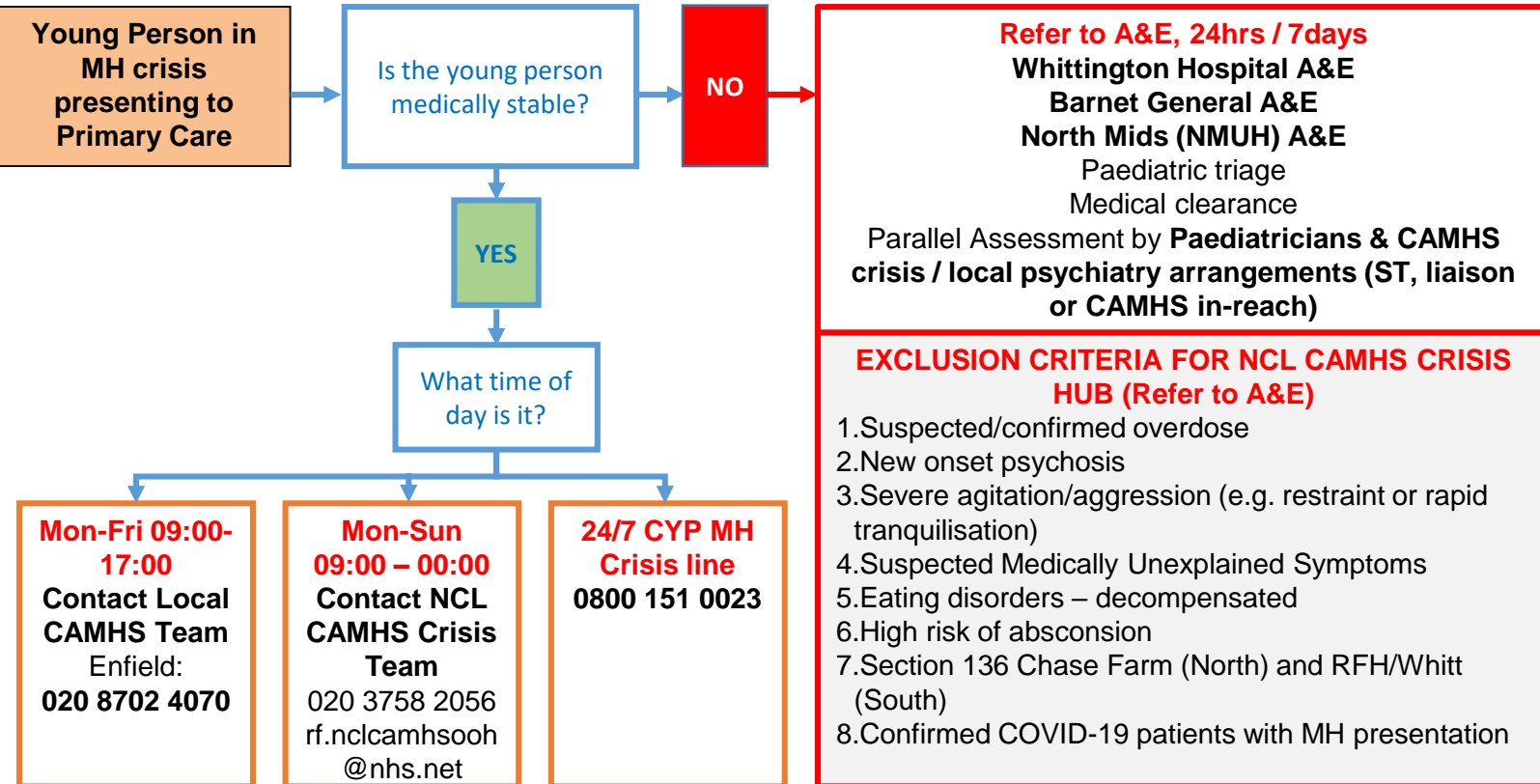


- ### Other useful contact information
- Crisis line for CYP families and professionals to contact direct if worried about a CYP, 24/7: 08001510023.** Now available to CYP in Barnet, Enfield, Haringey, Camden and Islington. Note, if the person is >18 years, there are different crisis lines.
 - CandI: 0800 917 3333
 - BEH: 0800 151 0023
 - If the CYP has a safety plan, you should contact the **named professional on the safety plan.**
 - If the CYP is known to CAMHS, they should contact their local CAMHS service.
 - CAMHS referral, via Camden Clinical intake team: 02089382241.** Mon- Fri 9am- 5pm.
 - Other services (non-urgent):** Camden early help services: 020 7974 3317 (9am to 5pm - ask for Early Help) <https://www.camden.gov.uk/early-help-for-children-and-families>
 - Other local MH services, social care and/or safeguarding contacts** as per the NCL Healthcare Pathway for Children and Young People.
 - Kooth:** A web based confidential mental health and wellbeing support and online counselling service available to young people aged 11-18 across NCL. Young people can be signposted via www.kooth.com and register. You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>
 - Eating disorders can be referred to:** Royal Free CYP Eating Disorder Service. 020 7830 2931 Professional referrals: rf.camhsadmin@nhs.net

FOR PROFESSIONALS ONLY - Please note – this contact list is NOT to be shared with CYP and their families/carers, thank you.

Who to contact when concerned about a child or young person (<18 years) presenting with Mental Health Crisis

This applies to Children and Young People (CYP) <18 y/o who are **presenting with Mental Health Crisis** but do not require paediatric input. If suspicion or delayed disclosure of Overdose & DSH whilst assessing CYP in the community the normal protocol applies i.e. advise CYP to go to A&E.



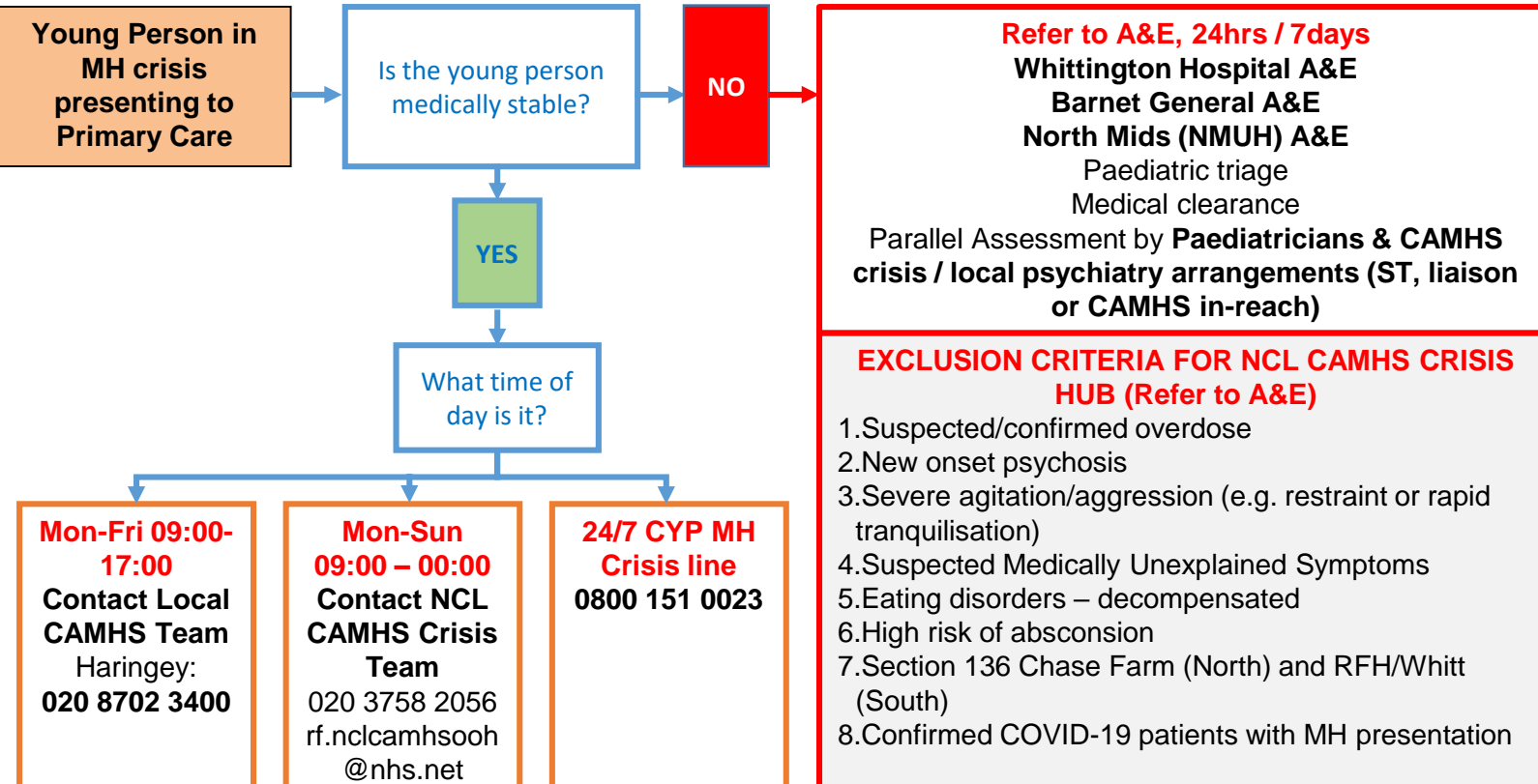
Other useful contact information

- Crisis line for CYP families and professionals to contact direct if worried about a CYP, 24/7: 08001510023.** Now available to CYP in Barnet, Enfield, Haringey, Camden and Islington. Note, if the person is >18 years, there are different crisis lines.
 - Candi: 0800 917 3333
 - BEH: 0800 151 0023
- If the CYP has a safety plan, you should contact the **named professional on the safety plan.**
- If the CYP is known to CAMHS, they should contact their local CAMHS service.
- CAMHS referral, via Enfield CAMHS intake team: 02087024070.** Mon- Fri 9am- 5pm.
- Other services (non-urgent):** Enfield Early Help Services : Earlyhelp@enfield.gov.uk; Tel: 0208 379 5555. www.enfield.gov.uk/childrensportal
- Non-urgent Mental Health referrals:** CAMHS ACCESS Team: 0208 702 4070 , Mon-Fri 09:00-17:00
- Other local MH services, social care and/or safeguarding contacts** as per the NCL Healthcare Pathway for Children and Young People.
- Kooth:** A web based confidential mental health and wellbeing support and online counselling service available to young people aged 11-18 across NCL. Young people can be signposted via www.kooth.com and register. You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>
- Eating disorders can be referred to:** Royal Free CYP Eating Disorder Service. 020 7830 2931 Professional referrals: rf.camhsadmin@nhs.net

FOR PROFESSIONALS ONLY - Please note – this contact list is NOT to be shared with CYP and their families/carers, thank you.

Who to contact when concerned about a child or young person (<18 years) presenting with Mental Health Crisis

This applies to Children and Young People (CYP) <18 y/o who are **presenting with Mental Health Crisis** but do not require paediatric input. If suspicion or delayed disclosure of Overdose & DSH whilst assessing CYP in the community the normal protocol applies i.e. advise CYP to go to A&E.



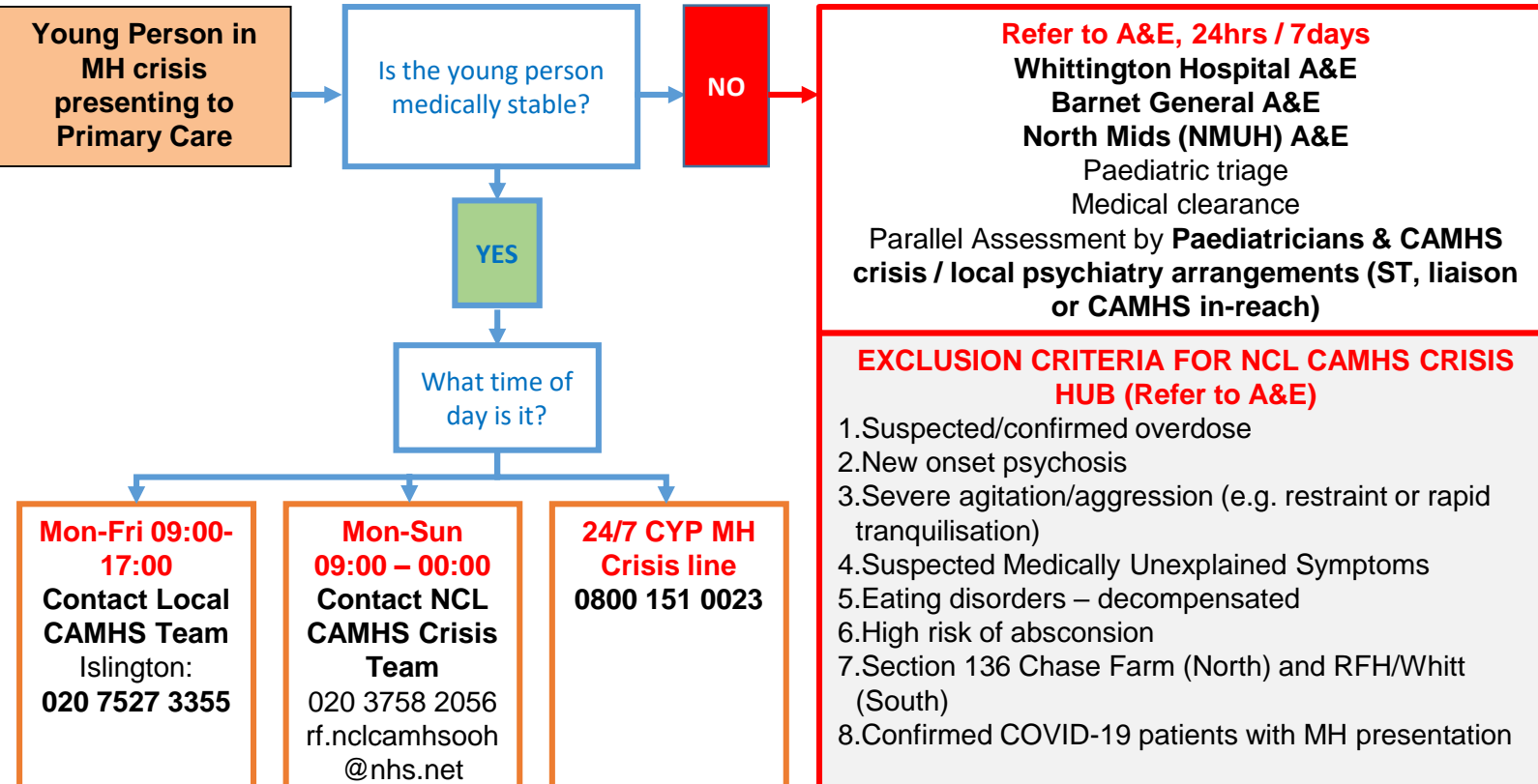
Other useful contact information

- Crisis line for CYP families and professionals to contact direct if worried about a CYP, 24/7: 08001510023.** Now available to CYP in Barnet, Enfield, Haringey, Camden and Islington. Note, if the person is >18 years, there are different crisis lines.
 - Candl: 0800 917 3333
 - BEH: 0800 151 0023
- If the CYP has a safety plan, you should contact the **named professional on the safety plan.**
- If the CYP is known to CAMHS, they should contact their local CAMHS service.
- CAMHS referral, via Haringey Clinical intake team: 020 8702 3400, Mon- Fri 9am- 5pm.**
- Other services (non-urgent):** Haringey early help services: <https://www.haringey.gov.uk/children-and-families/early-help>
- Non urgent Mental Health referrals:** CAMHS ACCESS team 020 8702 3400 9am – 5pm Mon-Fri.
- Support line number for Haringey Mental Health Support Team in Schools (Trailblazer) / Haringey for parents, young people and school staff:** 0208 702 6035, 9-3pm M-F
beh-tr.camhstrailblazerinbox@nhs.net
- Other local MH services, social care and/or safeguarding contacts** as per the NCL Healthcare Pathway for Children and Young People.
- Kooth:** A web based confidential mental health and wellbeing support and online counselling service available to young people aged 11-18 across NCL. Young people can be signposted via www.kooth.com and register. You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>
- Eating disorders can be referred to:** Royal Free CYP Eating Disorder Service. 020 7830 2931 Professional referrals: rf.camhsadmin@nhs.net

FOR PROFESSIONALS ONLY - Please note – this contact list is NOT to be shared with CYP and their families/carers, thank you.

Who to contact when concerned about a child or young person (<18 years) presenting with Mental Health Crisis

This applies to Children and Young People (CYP) <18 y/o who are **presenting with Mental Health Crisis** but do not require paediatric input. If suspicion or delayed disclosure of Overdose & DSH whilst assessing CYP in the community the normal protocol applies i.e. advise CYP to go to A&E.



EXCLUSION CRITERIA FOR NCL CAMHS CRISIS HUB (Refer to A&E)

1. Suspected/confirmed overdose
2. New onset psychosis
3. Severe agitation/aggression (e.g. restraint or rapid tranquilisation)
4. Suspected Medically Unexplained Symptoms
5. Eating disorders – decompensated
6. High risk of absconson
7. Section 136 Chase Farm (North) and RFH/Whitt (South)
8. Confirmed COVID-19 patients with MH presentation

Other useful contact information

1. **Crisis line for CYP families and professionals to contact direct if worried about a CYP, 24/7: 08001510023.** Now available to CYP in Barnet, Enfield, Haringey, Camden and Islington. Note, if the person is >18 years, there are different crisis lines.
 - Candi: 0800 917 3333
 - BEH: 0800 151 0023
2. If the CYP has a safety plan, you should contact the **named professional on the safety plan.**
3. If the CYP is known to CAMHS, they should contact their local CAMHS service on the intake team numbers.
4. **CAMHS referral, via Islington intake team: 020 7527 3355 Mon- Fri 9am- 5pm.**
5. **Other services (non-urgent):** Islington social, emotional and mental health services SEMH CPA: Via the Central Point of Access: 0207 527 7400 /3355, 9am-5pm, Mon-Fri
6. **Other local MH services, social care and/or safeguarding contacts** as per the NCL Healthcare Pathway for Children and Young People.
7. **Kooth:** A web based confidential mental health and wellbeing support and online counselling service available to young people aged 11-18 across NCL. Young people can be signposted via www.kooth.com and register. You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>
8. **Eating disorders can be referred to:** Royal Free CYP Eating Disorder Service. 020 7830 2931 Professional referrals: rf.camhsadmin@nhs.net