

Parent and young person's guide to contacting the Child and Adolescent Mental Health Team (CAMHS)

Schools Support

You are able to access the CAMHS Schools Team via your child's schools pastoral team. Please speak to them for support, the pastoral teams will then liaise with the CAMHS mental health practitioner.

Self-referral into CAMHS

CAMHS have recently introduced a self-referral form for parents and young people (you can access this through https://camhs.elft.nhs.uk/service_detail.aspx?ID=387 (click onto the self-referral form).

What to do in a crisis

For 24hr Mental Health Crisis Support, call NHS 111 option 2

This is a mental health crisis support line for all ages, 24hrs every day across Luton and Bedfordshire. Here you will receive a telephone triage and then you will be signposted to help and support or a same-day mental health assessment by the Child and Adolescent Mental Health Team.

Online information and support

Eating disorders:

www.beateatingdisorders.org.uk

www.caraline.com/young-peoples-service

Mental Health support and advice

www.mind.org.uk

www.youngminds.org.uk/

<https://www.nhs.uk/oneyou/every-mind-matters/>

www.kooth.com - Online counselling support for young people