

Support in a crisis

If you have urgent concerns about the mental health of a child or young person which requires immediate assistance and may need a four hour response, contact the duty line.

Tel **0300 304 0061**
9am – 5pm
Monday to Friday

The duty line is for urgent cases only and all non-urgent referrals must go through the single point of access at Brighton & Hove Wellbeing.

Extended duty service

There is also an extended duty service available out of hours (which is for professionals working with young people only). This is a phase one pilot for a three month period, from 07/12/17 to 07/03/18.

If there is not a member of staff available to take your call, please leave a brief message and we will aim to respond to you as soon as possible.

Tel **0300 304 0061**
5pm – 10pm
Monday to Friday



To find out more about Sussex Partnership services, go to: www.sussexpartnership.nhs.uk/brighton-and-hove-CAMHS

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND EMOTIONAL WELLBEING SERVICES IN BRIGHTON & HOVE

Offering support to children and young people with mental health and emotional wellbeing difficulties

Information for professionals and other referrers

The services available to children and young people in Brighton & Hove who need help and support with their mental health and emotional wellbeing has changed.

We have taken feedback from young people, parents and professionals who said that it was sometimes difficult to access mental health services, and have made this better.

An evidence based, time limited intervention which is focused and delivered in a clinically appropriate timeframe, which helps young people thrive.

Referral

There is now one point of access for all mental health and emotional wellbeing support for children and young people in Brighton & Hove. This is via Brighton & Hove Wellbeing service (see below).

When received, referrals will be triaged and assigned to the most appropriate service.

Website

www.brightonandhovewellbeing.org

Email referrals to

BICS.brighton-and-hove-wellbeing@nhs.net

Following assessment and acceptance for Specialist CAMHS

Care pathways

Within Brighton & Hove Specialist CAMHS there are now five care pathways, which are:

- **Anxiety**
- **Depression**
- **Emotional Intensity**
- **Trauma**
- **Neuro Assessment**
including Autism Spectrum Condition (ASC) and Attention Deficit Hyperactivity Disorder (ADHD)

Specific pathways allow for easier choice of treatment for particular difficulties.

Appointments

The new service will offer more flexible appointments, in more locations. This will help children and young people to get the support that they need, at a time and in an environment that works best for them.

We would encourage young people to attend their scheduled appointments so treatment is not delayed.



Developed group programmes

We have developed the evidence-based group interventions and courses to offer greater choice of how to access treatment. The groups and courses are high quality and led by senior clinicians and encourage peer support as part of young people's recovery.

- **Mindfulness**
- **Therapeutic art groups**
- **Cognitive Behavioural Therapy (CBT) for Anxiety**
- **Attention Deficit Hyperactivity Disorder (ADHD) parents support group**

Some groups will be for specific pathways, and others will be for any of the five pathways.

Waiting times

Response times for a child or young person to receive an initial assessment will vary dependent on their current presentation.

- A **routine** response is offered to establish what support the young person needs – **within 20 working days**
- A **priority** response is offered if a young person's mental health is rapidly deteriorating and there is risk of harm to self or others – **within five working days**
- An **urgent** response is necessary if the young person is at immediate risk of taking their own life, or is showing severe psychotic symptoms – **within four hours**