

Mindsight Surrey CAMHS

Mental health services for
children and young people



For a better life

Welcome to Mindsight Surrey CAMHS, the health and social care partnership for children and young people with mental ill-health and learning disabilities living in Surrey.

Our wide range of dynamic, high performing partners are working with us to deliver greater support to more children and young people with the aim of reaching them before they become very unwell.

Through a single point of referral, we offer a 'no wrong door' approach, providing support to children, young people and families to find the right help at the right time.

Our services for children and young people

We provide help and support to children and young people when they begin to feel emotionally or mentally unwell to build wellbeing and resilience to reduce the chances of their condition becoming more serious. Together with our partners we deliver targeted and specialist services, connecting with universal services to ensure support is available at entry level, from primary mental health in schools through to urgent needs.

Our partnership will provide this support at all levels of need in a number of ways, including **Prevention and Early Intervention Services** that build wellbeing and resilience, increase quality of life and develop lifelong skills to support good mental health in our young people.

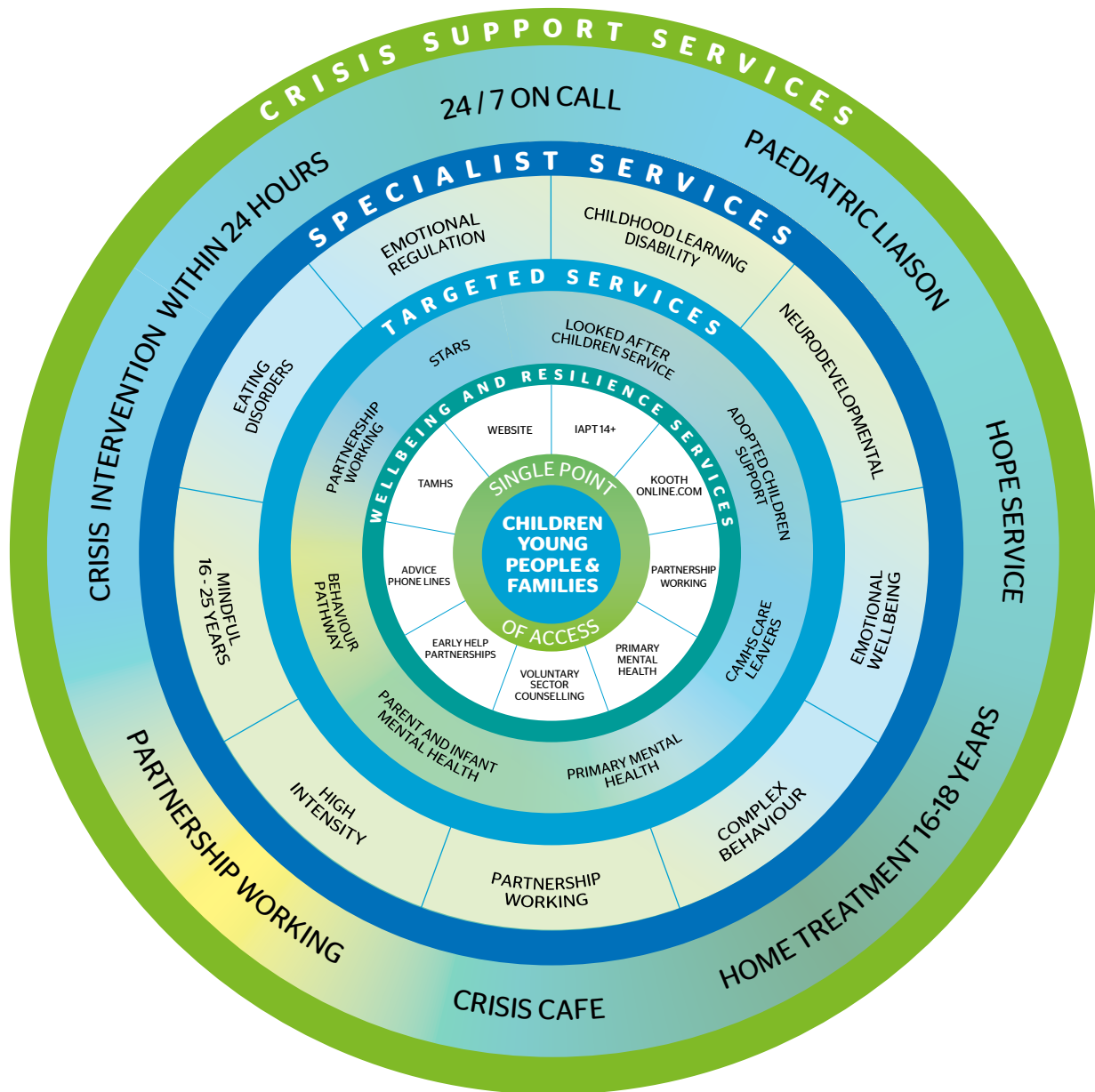
Our Primary Mental Health Practitioners, Psychiatrists (Doctors), Psychologists, CAMHS Social Workers, Art Therapists, Psychotherapists, Nurses, Family Therapists & Psychological Wellbeing Therapists and youth workers provide a wide range of mental health services for children and young people including **Targeted Services** which help vulnerable groups such as children in care and those experiencing sexual trauma.

Specialist and Crisis Support Services

address complex needs using a wide range of evidence-based interventions and responsive support for children, young people and families.

Our extended hours provide greater access outside of school, college and office hours, operating between **8am-8pm Monday to Friday and 9am-12pm on Saturdays**. Our services are also more accessible through convenient locations and online.

Service model



How to access our services

We have a single point of contact for referrals to our services, and the booking of appointments called CAMHS One Stop. All referrals can be made by phone, website or letter. Please use the phone for all enquiries.

Referrals can be made by all health, social care and education practitioners.

Our partner, Beacon UK, are managing the CAMHS One Stop service and will ensure that every young person being referred is in contact with the right service and gets the appropriate level of treatment and support.



0300 222 5755



**sabp.nhs.uk/
mindsightsurreycamhs**

“The new service sounds very exciting and all my colleagues are very positive about the changes.”

Tara Jones

GP Partner, Oxted Health Centre

Surrey-wide named GP for safeguarding children



Our partners

- ▶ **Beacon UK** manage our single point of access, CAMHS One Stop and will ensure that those being referred are in contact with the right service.
- ▶ **Xenzone** offers BACP (British Association of Counselling and Psychotherapy) accredited online counselling, self-help and moderated peer support via the award-winning Kooth.com. Providing access to this service across Surrey will widen the help available to young people, enabling immediate and direct access to support. This will be available to young people aged 10 plus.
- ▶ **Surrey's Youth Support Service** lead the development and implementation of a No Labels Service to engage with young people who are leading chaotic lives and do not readily engage with services.
- ▶ The **National Autistic Society**, children's charity **Barnardo's** and technology from **Brain in Hand** deliver peer support networks, digital health apps and accredited pre/post parenting support programmes for children and young people with behavioural issues, emotional problems and neuro-disability.
- ▶ Other voluntary sector organisations in Surrey including **Heads Together**, **Learning Space**, **Eikon**, **The Lifetrain Trust**, **Reflex Working**, **Step by Step** and **Relate West Surrey** will also offer specialist services for groups of children aged six upwards.
- ▶ **Richmond Fellowship** provide education, training and employment and support to those aged 16-25 and **Catch 22** support the Mindful service through engagement work.



Making a referral

To make a referral contact CAMHS One Stop



0300 222 5755



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CAMHS One Stop, 18 Mole Business Park, Leatherhead, KT22 7AD

If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:

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Email: communications@sabp.nhs.uk

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18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222 Textphone: 020 8964 6326

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Confidentiality and information sharing

We may need to share information about people who access our services with relevant Surrey CAMHS partners in order to provide care and advice. This will only take place if we have received permission and it is considered necessary.