

Mindsight Surrey CAMHS **Care Leavers Service** Information for young people



For a better life

Our services for children and young people

Our Care Leavers Service is part of Mindsight Surrey CAMHS, a partnership for children and young people with mental health problems and learning disabilities living in Surrey.

Are you a care leaver between 16-25 and have any concerns regarding your emotional and mental health?

Our Care Leavers service is for young people who have emerging to moderate emotional and mental health difficulties. Some of the concerns you may have could be difficult thoughts, feelings and behaviours that you cannot understand. For example, you might have difficulties managing areas of your life such as relationships, education or employment.

As well as experiencing difficult thoughts and feelings, you may be experiencing difficulties in other areas of your life such as problems with alcohol, drugs or homelessness. The care leavers can provide support and help you find a service that will offer you support to have better control over these issues.

We provide a primary mental health service, which offers additional support but does not replace existing provision for this age group, including CAMHS (under 18s) or the Community Mental Health Recovery Services (CMHRS) for over 18s.

How do I get help?

Our Care Leavers Service is available across Surrey. Your personal advisor can make a referral on your behalf to our service. If you do not have a personal advisor, your GP can make a referral on your behalf by contacting CAMHS One Stop.

Once we receive a referral, one of our specialist mental health practitioners will contact you to discuss what is concerning you. If you do not have a Personal advisor or GP, you can contact the team directly for initial advice and information.

Call **01372 203096**



What to expect from your Care Leavers Service

We help young people with their emotional and mental well being. We work with you and other agencies to ensure your needs are recognised and met with the appropriate support.

Our Care Leavers Service aims to:

- ▶ Support young people to have their voice heard throughout their treatment
- ▶ Provide support to young people to reduce the risk of long term mental health needs
- ▶ Support you to access appropriate services that will meet your needs
- ▶ Carry out assessment and provide individual support sessions for young people
- ▶ Advocate for and support you when you might require on-going support from adult services
- ▶ Ensure you are treated as an individual and work in partnership with you throughout your time in contact with us

How to access the service

You can contact the Care leavers service directly if you would like advice, information or would like to talk through a concern about mental health. Call **01372 203096**.

If a care leaver is previously known

to the service or is currently receiving support from Surrey Children's Services, they can be referred via the current consultation process provided to Personal Advisers by their named Care Leavers Service Specialist Mental Health Practitioner.

In case of a crisis

If you are seeing or looking after a young person who you believe is in crisis and requires an urgent response, between the hours of 8am and 8pm seven days a week including bank holidays, contact **CAMHS One Stop** on **0300 222 5755**. Outside of these hours and if there is immediate risk please use the appropriate emergency service.

Surrey and Borders Partnership NHS Foundation Trust also runs a **Crisis Line** for adults during the weekends and evenings.

Call: **0300 456 8342**

SMS Text: **07717 989024**

How to make a referral

If you are not already known to our service, you'll need to speak to a health, social care or education practitioner, such as a GP or teacher. This ensures that every young person referred is in contact with the right service and receives appropriate treatment and support.

Referrals can be made by telephone, website or letter.

If you have any questions about a child or young person's mental health, call **CAMHS One Stop** for advice.

To make a referral or for advice contact CAMHS One Stop



0300 222 5755



Visit our website here:

sabp.nhs.uk/mindsightsurreycamhs



**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:

Tel: 01372 216285

Email: communications@sabp.nhs.uk

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.

Surrey and Borders Partnership NHS Foundation Trust
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222 Textphone: 020 8964 6326

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