

Mindsight Surrey CAMHS **Care Leavers Service** Information for carers and practitioners



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.

About us

Our Care Leavers Service is for young people aged 16-25 with emerging to moderate mental health difficulties that are creating problems in their lives.

As well as emotional or mental health vulnerability they may also have other problems such as drug or alcohol misuse or homelessness, which require input from several agencies. We aim to:

- ▶ Prevent long-term mental health and emotional needs developing among care leavers
- ▶ Work in partnership with other agencies to ensure the mental health needs of care leavers are recognised and met appropriately
- ▶ Educate and advise anyone responsible for or involved with these young people about mental health issues
- ▶ Improve access to a choice of appropriate services for young care leavers

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.

What we do

We work in partnership with a wide range of other agencies to prevent long-term emotional and mental health problems for care leavers. Our work involves:

- ▶ The assessment and treatment of young people
- ▶ Advice and guidance for other agencies
- ▶ Training and support for other professionals

What to expect from your Care Leavers Service

We support any professional working with a young person who is a care leaver. As part of this we will provide advice and support referrals to appropriate services that the young person may need.

Our professional support includes training to raise awareness and understanding of emotional and mental health difficulties. Examples of our training include managing self-harm and how to support people with personality disorder or psychosis.

For young people we complete mental health and risk assessments, which will either refer them onto the most appropriate service or provide up to 15 short/medium term one-to-one sessions to address the problem, subject to review. We also provide awareness-raising sessions to improve understanding of mental ill health.

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 a young person's 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 a care leaver is not known to our services then they must be referred by a health, social care or education practitioner such as a GP or a social worker. 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

www.sabp.nhs.uk  [@sabpnhs](https://twitter.com/sabpnhs)  www.facebook.com/sabpnhs