

## **CAMHS Early Intervention**

CAMHS Early Intervention supports young people in developing resilience and preparing for adulthood. This can sometimes include supporting a referral or signposting to other relevant services.

The teams seeks to ensure that children, young people and their carers, who do not meet the criteria for other mental health services, will have access to a service that can meet their needs at an early help level.

CAMHS Early Intervention service works really closely and in partnership with other CAMHS teams and services, providing safe step up and step down pathway for children and young people in Somerset.





## team

The team is staffed by a small multi-disciplinary team of professionals consisting of Mental Health Nurses, Social Workers and Family Support Practitioners.

## criteria

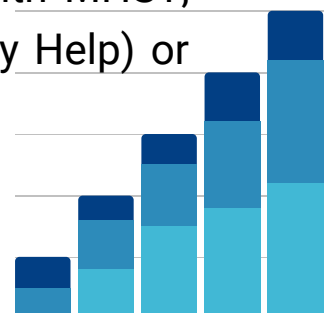
Referrals to the service will be considered for children and young people who present with early signs of mental health / emotional health difficulties that include:

- Self harm / suicidal ideation but not intent.
- Phobias – having a significant impact including social/specific that can be managed at an early interventions level, but can be escalated to Specialist CAMHS if required.
- Anxiety related presentations that are over and above what is deemed usual for the young person and requires mental health practitioner's assessment and intervention.
- Moderate low mood and depression

## service

The team delivers a service under the following categories:

- Direct assessment – virtual or face to face.
- Short-term interventions of a maximum of 6 - 10 sessions.
- Consultation – to partners across health, education and social care.
- Training – identified and delivered in conjunction with MHST, Educational Psychology, Children's Social Care (Early Help) or the Voluntary sector.



## expected outcomes

- Increased number of children and young people being seen by the right person(s) at the right time in the right place.
- Early intervention provided to address emerging mental health needs to improve the mental health and emotional wellbeing of children and young people in Somerset
- Improved care and support for children and young people by bridging a gap in services.
- Improve the care pathways for children and young people (up to 18 years old) with difficulties such as anxiety, depression and moderate self-harm.



## referrals

CAMHS SPA is the initial point of contact for referrals to the CAMHS Early Intervention services. You will not need to know which service the young person requires, as CAMHS SPA will triage all referrals and signpost the young person to the most appropriate team, according to the young person's needs.

### **Referrals must be sent to CAMHS Single Point of Access:**



The Horizon Centre, Swingbridge, Taunton TA2 8BY



0300 124 5012



**CAMHSSPA@somersetft.nhs.uk**



More information on  
<https://www.somersetft.nhs.uk/camhs/spa/>  
or by scanning the QR code



## how to contact us



### Hours of operation

9.00 am to 5.00 pm, Monday to Friday (excluding bank holidays)



### Address

The Horizon Centre, Swingbridge, Taunton TA2 8BY



### E-mail

[CAMHS2Plus@SomersetFT.nhs.uk](mailto:CAMHS2Plus@SomersetFT.nhs.uk)



### Telephone

07918 998387