

Emotional Health and Wellbeing Services for children, young people and families

The Thrive Model: service groupings are delivered on a continuum to meet individuals' needs - they are not mutually exclusive

Getting Advice: signposting, self-management and online and community support for mild/temporary difficulties, or those with chronic or ongoing severe issues choosing to manage their own health.

School Nursing

Cambridgeshire: 0300 029 5050
Peterborough: 01733 466620

Emotional Wellbeing Practitioners (EWPs)

Children's Wellbeing Practitioners (CWP) – brief, focused, evidence based low intensity support

Self-help websites:

<http://www.keep-your-head.com/cyp>
<https://kooth.com/>
<https://www.minded.org.uk/>

GPs

HYPAs Clinics

CPN Project for Schools

Getting Help: brief, goal/outcome focused, evidence based interventions for anxiety, depression, PTSD, self-harm or life events e.g. bereavement, family breakdown, bullying where these are having significant adverse effects.

Kooth direct access to an online counselling service <https://kooth.com/>

CHUMS – brief psychological interventions for children and young people aged 4-18 in Peterborough/4-25 in Cambridgeshire

Early Help Services/Hub: access to services is via a completed early help assessment (EHA). Email for triage to appropriate service to:

Cambs: early.help@cambridgeshire.gcsx.gov.uk (for professional consultation prior to completing EHA contact the Hub on 01480 376 666).

Peterborough: earlyhelp@peterborough.gov.uk (for further info. visit local offer pages at www.peterborough.gov.uk)



Getting Risk Support:

Managing risk and delivery of crisis services e.g. to those routinely in crisis but who are unable to make use of help offered, those self-harming, or with emerging personality disorders or ongoing issues that have not yet responded to treatment.

CPSL Mind— The Sanctuary

First Response Service

Getting More Help: Targeted, extensive long term treatment for individuals and families. May include inpatient and/or outpatient services. Systemic family interventions may be appropriate.

CPFT Cameo. CAMEO North (covering Fenland, Huntingdon, Peterborough), **CAMEO South** (covering Cambridge South and Cambridge North)

CAMHS pathway. Moderate to severe mental health needs e.g. significant thoughts/intention of deliberate self-harm or suicide or symptoms that affect function/participation in daily activities

CAMHS Eating Disorder Pathway. Moderate to severe anorexia or bulimia or avoidant and restrictive food intake disorder

CAMHS Neurodevelopment/Learning Difficulties Pathway

CAMHS In Patient Unit

ALL CAMHS SERVICES CAN BE ACCESSED VIA THE CAMHS SINGLE POINT OF ACCESS (SPA) ON 01480 428115

Commissioned Emotional Health & Wellbeing Services for Children, Young People & their families in Cambridgeshire & Peterborough:

CAMHS: Specialist CYP mental Health services including; Neurodevelopmental assessments, acute CYP mental health admissions, support with Eating Disorders, counselling and therapy services for CYP with more complex issues. **T: 01480 428 115 E: accesscamhs@nhs.net**

CHUMS: Offering CYP a range of short term, evidence based interventions, including 1:1, group work, recreational therapies, as well as offering a robust training package to schools. Self referrals and referrals from professionals are accepted, professionals can also refer through the Early Help Pathway. The age ranges is 5-18 in Peterborough and 5-25 in Cambridgeshire (except bereavement support - 5-19).

W: <http://chums.uk.com/cambs-pborough-services/>

CPFT CAMEO: NHS service that provides specialised assessment, care and support to people (14-65) experiencing a first episode of psychosis; CYP can self-refer to CPFT's CAMEO service by telephone, letter, fax or email. **CAMEO North (covering Fenland, Huntingdon, Peterborough) T: 01733 318102, CAMEO South (covering Cambridge South and Cambridge North) T: 01223 533300**

CPN Project for Schools **PETERBOROUGH ONLY****:** This service specialises in offering EHWP support in Primary Schools. The team delivers MH awareness training to staff to promote the early identification of emerging issues. The team will also conduct classroom assessments when appropriate and offer 6 week support packages to staff to equip them with the skills to better support the child's needs within the classroom. Schools/Children can be referred to this service through the Early Support Pathway. It is delivered by CPFT and is supported by CAMH practitioners. **E: cpn-tr.projectforschools@nhs.net**

Children's Wellbeing Practitioners (CWP) – brief, focused, evidence based low intensity support via Early Help Assessments/Early Help Hubs

First Response Service: Dedicated mental health crisis support hotline (dialling 111 and select option 2). The service is available to anyone, of any age, currently living in Peterborough and Cambridgeshire and is experiencing a mental health crisis. The service operates 24 hours per day, 7 days a week. People are able to talk to a trained mental health worker about their issues and receive signposting, advice and support. **T: 111 (option 2)**

Early Help: Professionals can complete an Early Help Assessment to be reviewed by a multiagency team of professionals, who can tailor and develop a specific support package to meet the identified needs of the young person and their family. **E: early.help@cambridgeshire.gcsx.gov.uk & earlyhelp@peterborough.gov.uk**

Emotional Wellbeing Practitioners: (EWPs): This service will aim to ensure a higher proportion of CYP are supported effectively within GPs and schools, in relation to their EHWP needs. There will be 2 within North Cambridgeshire, 2 within South Cambridgeshire and 2 within Peterborough. In schools, the EWPs will help up-skill staff in identifying/managing EWMH issues

HYPAC Clinics **PETERBOROUGH ONLY****:** Healthy Young Person Advice clinics are a partnership between iCash and the School Nursing team. Current delivery predominantly resides around sexual health guidance & advice, although School Nurses are available to discuss wider wellbeing issues. This service operates in all except two secondary schools on a weekly basis and can be universally accessed by pupils from each school. **T: 01733 466 620 E: cpm-tr.peterboroughschoolnurses@nhs.net**

Keep Your Head: A new young peoples mental health website for young people, parents/carers, teachers, and other professionals living in Peterborough and Cambridgeshire. The site is universally accessible and is a central point for finding good quality local and national information on keeping well, self help, and support services covering a range of issues. **www.keep-your-head.com/**

Kooth: A free online counselling service providing information and support for young people aged between 11 and 24 years old living in Peterborough and Cambridgeshire. Young people can book counselling as regular, structured sessions with an assigned, qualified counsellor or use the online 'drop-in' service and have a text-based conversation with a trained counsellor. The service is available 12-10pm Mon-Fri and 6-10pm at the weekend. **(www.kooth.com)**

The Sanctuary: Provided through CPSL MIND, the Sanctuary "safe-haven" alternative to A&E for people aged 16 or over who are experiencing a mental health crisis. There are two centres; one in Peterborough and one in Cambridgeshire: both can be accessed via referral from 111 between 6pm-1am. **Referral Via 111 (option 2)**

School Nursing Service: A universal health service for children and young people and their parents that aims to optimise health and promote learning through well-being and inclusion. Accessed through the School Nurse Duty Desk—cpmtr.peterboroughschoolnurses@nhs.net ccs.cambs.hcp.schoolnursingdutydesk@nhs.net

****PLEASE NOTE**** This list is not exhaustive and contains only services commissioned by Cambridgeshire County Council, Peterborough City Council, & the Cambridgeshire & Peterborough CCG there are many other third sector organisations across the county offering support with emotional health and wellbeing issues, for children, young people, families, and professionals. You can find out more about these by visiting the Keep Your Head Website.