**South Gloucestershire Children & Young People’s Mental Health Quick Guide**

****

Mental Health is a complex area, this document is designed as a guide to support you to find the right help at the right time for children and young people in South Gloucestershire. Please also read organisations full referral and threshold guidance and contact them for further advice. And of course, always follow your organisation safeguarding policies.

The full South Gloucestershire Children and Young People Mental Health and Wellbeing directory can be found [here](https://bnssg.icb.nhs.uk/library/south-gloucestershire-mental-health-and-wellbeing-directory-services-children-and-young-people/), we link back to this throughout the document. This document uses the THRIVE conceptual framework. A short (2m40s) video to explain the THRIVE Framework can be found [here](https://youtu.be/ARAaiEoVpjQ).

# [**South Gloucestershire Mental Health and Wellbeing – Directory of Services for Children and Young People**](https://bnssg.icb.nhs.uk/library/south-gloucestershire-mental-health-and-wellbeing-directory-services-children-and-young-people/)

*(CTRL + Click on heading below to jump to that section of the document)*

**Contents**

[South Gloucestershire Mental Health and Wellbeing – Directory of Services for Children and Young People 1](#_Toc142047601)

[The Right Help at the Right Time 2](#_Toc142047602)

[Support, Training & Useful Links for Practitioners 3](#_Toc142047603)

[**1)** **Does the child or children/ young person need help thriving?** 5](file:///%5C%5CBNSSG.XSWHealth.nhs.uk%5CCCG%5CDirectorate%5CArea%20Teams%5CShared%20Area%5CSouth%20Gloucestershire%5CPROJECTS%20NEW%5CSouth%20Glos%20ICP%20Development%5CCYP%5CChildrens%20Useful%20Docs%5CSG%20CYP%20MH%20QUICK%20GUIDE.docx#_Toc142047604)

[**2)** **Does the child/ young person and/or family need support getting advice?** 6](file:///%5C%5CBNSSG.XSWHealth.nhs.uk%5CCCG%5CDirectorate%5CArea%20Teams%5CShared%20Area%5CSouth%20Gloucestershire%5CPROJECTS%20NEW%5CSouth%20Glos%20ICP%20Development%5CCYP%5CChildrens%20Useful%20Docs%5CSG%20CYP%20MH%20QUICK%20GUIDE.docx#_Toc142047605)

[**3) Does the child/ young person need support getting help?** 8](file:///%5C%5CBNSSG.XSWHealth.nhs.uk%5CCCG%5CDirectorate%5CArea%20Teams%5CShared%20Area%5CSouth%20Gloucestershire%5CPROJECTS%20NEW%5CSouth%20Glos%20ICP%20Development%5CCYP%5CChildrens%20Useful%20Docs%5CSG%20CYP%20MH%20QUICK%20GUIDE.docx#_Toc142047606)

[**4) Does the child/young person need support getting more help?** 9](file:///%5C%5CBNSSG.XSWHealth.nhs.uk%5CCCG%5CDirectorate%5CArea%20Teams%5CShared%20Area%5CSouth%20Gloucestershire%5CPROJECTS%20NEW%5CSouth%20Glos%20ICP%20Development%5CCYP%5CChildrens%20Useful%20Docs%5CSG%20CYP%20MH%20QUICK%20GUIDE.docx#_Toc142047607)

[**5) Does the child/ young person need risk support?** 10](file:///%5C%5CBNSSG.XSWHealth.nhs.uk%5CCCG%5CDirectorate%5CArea%20Teams%5CShared%20Area%5CSouth%20Gloucestershire%5CPROJECTS%20NEW%5CSouth%20Glos%20ICP%20Development%5CCYP%5CChildrens%20Useful%20Docs%5CSG%20CYP%20MH%20QUICK%20GUIDE.docx#_Toc142047608)

#

# **The Right Help at the Right Time**

**Think carefully before referring, into a mental health focused service what do the child/ young person and family currently want and need?**

**Support with their mental health? Access to support to reduce significant stress in the household?**

**Will it help to…**

Link into support/ clubs’ groups within their local community? [Well Aware information](https://www.wellaware.org.uk/?per_page=60&coverage=South%20Gloucestershire)

Access support around their finances or housing situation? [South Gloucestershire financial support info](https://beta.southglos.gov.uk/financial-support-and-wellbeing)

Access support around an abusive relationship? Julian [house](https://www.julianhouse.org.uk/service/children-and-young-people-domestic-abuse-service/); [Next Link](https://www.julianhouse.org.uk/children-and-young-peoples-domestic-abuse-service/)

Manage abuse, being experienced in the community? [SARI](http://www.sariweb.org.uk/); [Diversity Trust](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.diversitytrust.org.uk%2Fyoung-peoples-services%2F&data=05%7C01%7CCatherine.Davies%40southglos.gov.uk%7C3b59b43f4c824cc37a7408db1a516186%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638132710026940423%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KWNAh37cYLU%2Bpcl8fwXZANIXjnByKTDIZe87qjm3V%2F8%3D&reserved=0)

Community based family support? [CCP – Family support](https://www.ccp.org.uk/early-help-south-gloucestershire)

Manage Drug/ Alcohol use that is causing conflict in the household or becoming problematic? [YPDAS](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=myo3fhervPs&amp;familychannel=7&amp;channel=family) ; [DHI ( adults)](https://www.dhi-online.org.uk/get-help/adult-drug-alcohol-treatment/south-gloucestershire-drug-and-alcohol-service)

For a broader range of information for children and families also see South Gloucestershire’s: [Find information for adults, children and families](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/home.page)

[COMPASS](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=qkOJGmbRteE): SGC established service to help navigate to the right information or support. Compass will provide advice, support, and guidance to help families and workers navigate to the right place and where to access appropriate early help. Compass will include dedicated Compass Partnership Workers from the council. Access to the Compass team is by referral only via our [Access and Response team](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=_e9M5e6b_x4). Please contact 01454 866000 for further information

# **Support, Training & Useful Links for Practitioners**

* Complex case? Which Service to submit to? Please email [**awp.camhsgettingadvice@nhs.net**](https://nhs-my.sharepoint.com/personal/grace_clarke6_nhs_net/Documents/awp.camhsgettingadvice%40nhs.net)
* [MIDOS QUICK SEARCH](https://midosweb.co.uk/QuickSearch/Search) – Practitioner website & [MIDOS Public Facing Website](https://miservicefinder.co.uk/QuickSearch/Search)
* [Happy Maps](https://happymaps.co.uk/) an excellent charity run website run that provides signposting to resources for children and parents.
* [REMEDY: CAMHS Referral Information](https://remedy.bnssg.icb.nhs.uk/children-young-people/mental-health/camhs-referral-information/) & CAMHS emergency helpline - 0800 953 9599
* [REMEDY: Mental Health Resources for Children & Young People](https://remedy.bnssg.icb.nhs.uk/children-young-people/mental-health/mental-health-resources-for-children-and-young-people/)
* [ADHD Referral](https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/diagnosis/#:~:text=The%20GP%20cannot%20formally%20diagnose,a%20specialist%20assessment%2C%20if%20necessary.)
* [Community Paediatrics](https://www.sirona-cic.org.uk/nhsservices/childrens-services/community-paediatrics-referral/)
* [The Specialist Autism Assessment Service](https://www.sirona-cic.org.uk/nhsservices/childrens-services/specialist-autism-assessment-service/)
* [Community Children’s Health Partnership Referral Form](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fremedy.bnssg.icb.nhs.uk%2Fmedia%2F6406%2Fbristol-sg-single-point-of-entry-form-march-2023-1.docx&wdOrigin=BROWSELINK)
* South Gloucestershire CYP Mental health and wellbeing training see the [SGC CYP MH L&D](https://learning.southglos.gov.uk/courses/bookings/default.asp?ds=1&ccid=3&cscid=82). Training and Mental Health and Wellbeing Award enquires contact mentalhealth@southglos.gov.uk.
* [SEND Local Offer](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/localoffer.page?localofferchannel=0&channel=localoffer)
* Trauma and Awareness training can be booked through Eventbrite [Trauma Awareness and Recovery Tickets, Multiple Dates | Eventbrite](https://www.eventbrite.co.uk/e/trauma-awareness-and-recovery-tickets-626061385457)
* Trauma informed practice support includes an local ambassador network, training programme and resource library for more information trauma-informed@southglos.gov.uk and [Adversity-and-trauma-resource-library](https://trello.com/b/1lIACXrr/adversity-and-trauma-resource-library)
* [OneYou South Glos Mental Health Training](https://oneyou.southglos.gov.uk/for-professionals/mental-health-training-courses-for-professionals/)
* [South Glos Council CYP MH Training Courses](https://sites.southglos.gov.uk/safeguarding/wp-content/uploads/sites/221/2015/05/3669-Mental-Health-CYP-Training-Courses-1.pdf)
* Training to support a gender diverse community: [Mermaids](https://mermaidsuk.org.uk/training/)
* [Caring for Communities & People (CCP)](https://www.ccp.org.uk/Pages/Category/services) offer services including Parenting and Family Support, social prescribing & youth work
* Support and Advice can be gained through the Virtual School. For Looked After Children contact The Virtual School Head. For Children and Young People on a CiN or CP Plan contact the Lead for Pupils with a Social Worker.

**South Gloucestershire Mental health and Wellbeing Pathway**

* The full South Gloucestershire Mental Health and Wellbeing directory can be found [HERE](https://bnssg.icb.nhs.uk/library/south-gloucestershire-mental-health-and-wellbeing-directory-services-children-and-young-people/). THIS document links you back to the directory for MORE IN depth information.

# **Does the child or children/ young person need help thriving?**

Everyone needs access to information to support them to build tools to stay mentally well. E.g., raising awareness of mental health and wellbeing through the whole population

**Thriving Resources & Signposting**

* South Gloucestershire libraries all stock [reading well](https://reading-well.org.uk/) books.
* Everyone can promote the [5 ways to wellbeing](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/).
* Start a conversation/ celebrate [Children’s Mental Health week](https://www.childrensmentalhealthweek.org.uk/) and other promotion days.
* School based programmes e.g., PHSE, encouraging conversation and pupil voice, wellbeing areas etc.
* [Kooth](https://www.kooth.com/) (arennie@kooth.com)
	+ A free safe anonymous support online service for South Glos’ 11-18yr olds.
	+ Kooth operates on self-referral and has no thresholds for support (11-18 years old)
	+ A good service in the interim for those on waiting lists, and whilst it is not a crisis service, they do have a safeguarding team for any potential escalations
	+ [Kooth Webinars](https://linktr.ee/KoothEngagementTeam)
		- **Wait times?** Aim to respond within 24-48hrs.
		- Live chat (Monday - Friday 12pm-10pm & Saturday and Sunday 6pm-10pm) with a wait time of between 5mins and 1hr (log on as early as possible as availability cannot be guaranteed)
* [The Diversity Trust: LGBTQ youth services in South Gloucestershire](https://www.diversitytrust.org.uk/young-peoples-services/) are open to any Lesbian, Gay, Bisexual, Trans or Questioning (LGBTQ) young person between the ages of 13 and 19
* [Creative youth network LGBTQ+ wellbeing group](https://www.creativeyouthnetwork.org.uk/lgbt-wellbeing-group) – Free workshops with wellbeing practitioners for 11-19year olds on 1 Friday/month at Hanham Youth Centre

**Refer the family to the school to access *(Please note resources are also limited in schools)***

* [Mental Health support teams](https://www.otrbristol.org.uk/what-we-do/mhst/) for schools that have one, advice on a whole school approach.
* [The Bristol and South Gloucestershire School Nursing Service](https://sirona-cic.org.uk/children-services/services/school-nursing-service/) for those aged 5-19 years is available to all children and young people living, or at school/college within the South Gloucestershire local authority area, as a first point of contact for advice and signposting.
* [Off The Record](https://www.otrbristol.org.uk/what-we-do/mhst/) is for CYP aged 11-25 & have allocated Mental Health Practitioners (MHPs) in schools who can deliver low intensity CBT interventions
	+ **Wait times?** There is a long wait for OTR’s 121 offer, over 12months, encourage CYP to consider the [drop ins & groups](http://www.otrbristol.org.uk/what-we-do/hubs/).

***See the directory*** [***here***](https://bnssg.icb.nhs.uk/library/south-gloucestershire-mental-health-and-wellbeing-directory-services-children-and-young-people/) ***for more information about organisations listed above and more organisations that support thriving.***

# **Does the child/ young person and/or family need support getting advice?**

Getting advice- signposting self-management and one-off contact

Where a trusted person gives advice and signposts to further support as appropriate, a one-off intervention or part of a plan that is reviewed such as an EHAP.

There may be difficult life events such as emerging anxiety, stress and or low mood.

**Getting Advice Resources & Signposting**

* Local toolkits; [South Glos way Inclusion toolkit](https://sites.southglos.gov.uk/safeguarding/children/i-am-a-professional/the-south-glos-way-inclusion-toolkit); [Sleep toolkit](https://www.southglos.gov.uk/search-results/?q=sleep%20toolkit); [Autism toolkit](https://www.southglos.gov.uk/search-results/?q=Autism%20tool%20kit).
* [ChatHealth service](https://sirona-cic.org.uk/children-services/services/chathealth/) (11–19-year-olds) confidential text messaging service for anything and everything, covered by School Nurses who will respond between 9am-5pm. It is not an emergency service.
* [South Gloucestershire Parent Carers](https://sgpc.org.uk/) No diagnosis is necessary. No minimum threshold. Group and individual support for parents as well as a variety of workshops, including mental health topics- for parents with children with SEND age 0-25. Signpost to [SGPC Facebook Community](https://www.facebook.com/sgpc.community/) which has over 1000 parents on.
* [SENDIAS](https://www.sendandyou.org.uk/contact-us/) - for parents with children with SEND age 0-25
* Kooth (11-18 years old) contact Abbey arennie@kooth.com to access FREE workshops/ assemblies in school/ promotion of the FREE service. [Kooth Webinars](https://linktr.ee/KoothEngagementTeam)
* [Mindyou](https://sites.southglos.gov.uk/mind-you/) website (Child and YP specific) and [Oneyou](https://oneyou.southglos.gov.uk/stress-less/). Both offer information resources and signposting.

* [Vita Health group](https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/) offer the Talking Therapies service (age 16 +) and have an online app offer advice and signposting
* [CAMHS website](https://www.awp.nhs.uk/services/children-and-young-people), has lots of information. Children and families working with Families Plus, Social Care or attending school in South Gloucestershire may be linked to a Primary Mental Health Specialist (PMHS) through these departments and organisations, please check initially with the organisations/ workers. Please see further guidance [here](https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/primary-mental-health-specialist-pmhs) re who can refer to PMHS colleagues and how.
* [The Diversity Trust: LGBTQ youth services in South Gloucestershire](https://www.diversitytrust.org.uk/young-peoples-services/) are open to any Lesbian, Gay, Bisexual, Trans or Questioning (LGBTQ) young person between the ages of 13 and 19
* [Creative youth network LGBTQ+ wellbeing group](https://www.creativeyouthnetwork.org.uk/lgbt-wellbeing-group) – Free workshops with wellbeing practitioners for 11-19year olds on 1 Friday/month at Hanham Youth Centre
* [ChatHealth service](https://sirona-cic.org.uk/children-services/services/chathealth/) (11–19-year-olds) confidential text messaging service for anything and everything, covered by School Nurses who will respond between 9am-5pm. It is not an emergency service.

**Refer the family to the school to access *(Please note resources are also limited in schools)***

* [Mental Health Support Teams](https://www.otrbristol.org.uk/what-we-do/mhst/) for schools that have them can advise about individuals.
* [Off The Record](https://www.otrbristol.org.uk/what-we-do/mhst/) is for CYP aged 11-25 & have allocated Mental Health Practitioners (MHPs) in schools who can deliver low intensity CBT interventions
	+ **Wait times?** There is a long wait for OTR’s 121 offer, over 12months, encourage CYP to consider the [drop ins & groups](http://www.otrbristol.org.uk/what-we-do/hubs/).
* [South Gloucestershire Parent Carers](https://sgpc.org.uk/) group and individual support for parents as well as a variety of workshops, including mental health topics- for parents with children with SEND age 0-25. [SGPC Workshops for parents on waiting lists](https://www.eventbrite.co.uk/o/bristol-n-somerset-and-s-glos-parent-carer-forums-41027867683)
* [SENDIAS](https://www.sendandyou.org.uk/contact-us/) - for parents with children with SEND age 0-25
* [Educational Psychologists](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=mxO7JAg5p2Q); all settings have a link EP who can carry out a range of different work including staff development and systemic projects through the core and traded offers.

***See the directory*** [***here***](https://bnssg.icb.nhs.uk/library/south-gloucestershire-mental-health-and-wellbeing-directory-services-children-and-young-people/) ***for more information about the above and more organisations that support getting advice***

# **3) Does the child/ young person need support getting help?**

This is where a child or young person may need a series of evidence-based sessions to support mental health and well-being. This could be groups or one-to-one. E.g., Where they are experiencing mild to moderate anxiety or low mood.

**Support Getting Help Resources & Signposting**

* Kooth (11-18 years old) contact Abbey arennie@kooth.com to access FREE workshops/ assemblies in school/ promotion of the FREE service. [Kooth Webinars](https://linktr.ee/KoothEngagementTeam)
* [NHS Talking Therapies](https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/) for 16+ group work and one to one offer.
* [The Diversity Trust: LGBTQ youth services in South Gloucestershire](https://www.diversitytrust.org.uk/young-peoples-services/) are open to any Lesbian, Gay, Bisexual, Trans or Questioning (LGBTQ) young person between the ages of 13 and 19, [referral form](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.diversitytrust.org.uk%2Fwp-content%2Fuploads%2F2022%2F06%2F121-Referral-Form-The-Diversity-Trust-CIC.pdf&data=05%7C01%7CCatherine.Davies%40southglos.gov.uk%7C3b59b43f4c824cc37a7408db1a516186%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638132710026940423%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=SpvChz86KLY8sU%2F%2FO9qpoSBpnIe%2FJa2OhwS%2B0J4ETwI%3D&reserved=0).
* [Creative youth network LGBTQ+ wellbeing group](https://www.creativeyouthnetwork.org.uk/lgbt-wellbeing-group) – Free workshops with wellbeing practitioners for 11-19year olds on 1 Friday/month at Hanham Youth Centre
* For support for 8–18-year-old young carers in South Gloucestershire refer to [Carers support centre](https://www.carerssupportcentre.org.uk/young-carers/making-a-referral/).
* Specialist services e.g., bereavement or sexual assault services see the directory link at the end.
* [Off The Record](https://www.otrbristol.org.uk/what-we-do/mhst/) is for CYP aged 11-25 & have allocated Mental Health Practitioners (MHPs) in schools who can deliver low intensity CBT interventions

**Refer the family to the school to access *(Please note resources are also limited in schools)***

* School based interventions e.g., ELSA, sand therapy etc.
* [Off The Record](https://www.otrbristol.org.uk/what-we-do/mhst/) – *see information above*
* [Mental Health Support Teams](https://www.otrbristol.org.uk/what-we-do/mhst/), [School Nurses,](https://sirona-cic.org.uk/children-services/services/school-nursing-service/) [LAC health team](https://sirona-cic.org.uk/children-services/services/children-in-care-and-adoption-team-2/), all offer school-based appointments.
* [Educational Psychologists](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=mxO7JAg5p2Q) your link EP can offer a range of support, including individual casework through traded and core offer.
* Black Families Education support group mentoring programme - [Black Families education support group](https://www.educationequals.org.uk/).

# **4) Does the child/young person need support getting more help?**

If you’re working with a child who has a severe, life changing mental health condition that is significantly impacting their life. It may be that they need extensive treatment.

**Support Getting More Help Resources & Signposting**

* [CAMHS website](https://www.awp.nhs.uk/services/children-and-young-people), has lots of information. Children and families working with Families Plus, Social Care or attending school in South Gloucestershire may be linked to a Primary Mental Health Specialist (PMHS) through these departments and organisations, please check initially with the organisations/ workers. Please see further guidance [here](https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/primary-mental-health-specialist-pmhs) re who can refer to PMHS colleagues and how.
* There is a specialist CAMHS service for the following: Looked After Children (LAC) children called [Thinking Aloud](https://www.awp.nhs.uk/camhs/camhs-services/cic/thinking-aloud), [CAMHS LD](https://www.awp.nhs.uk/camhs/camhs-services/learning-disabilities/bristol-sglos-ld) is the specialist learning difficulties CAMHS service. [Be Safe](https://www.awp.nhs.uk/camhs/camhs-services/HSB-services/be-safe) is the harmful sexual behaviour service and  [Young People's Specialist Substance Misuse Treatment Service (YPSSMTS)](https://www.awp.nhs.uk/camhs/camhs-services/drug-and-alcohol-services/YPSSMTS) is the he specialist substance misuse service.

**Refer the family to the school to access *(Please note resources are also limited in schools)***

* Advice and guidance (re access to education), can be sought from Pathways Learning Centre (01454 862630), or via the PLC
* Think how can the multiagency team support children waiting for or receiving specialist support? Have you considered [KOOTH](https://www.kooth.com/) for (11–18-year-olds) or [OTR](https://www.otrbristol.org.uk/) ( for 11–25-year-olds) to support the child while waiting/ prepare the child to access support.
* What other support can the family/ community etc. put in place?

***See directory*** [***here***](https://bnssg.icb.nhs.uk/library/south-gloucestershire-mental-health-and-wellbeing-directory-services-children-and-young-people/) ***for more information about organisations supporting with getting more help***

# **5) Does the child/ young person need risk support?**

You may be working with a child who has a mental health condition that is severely impacting them; at this time, they may not be accessing support from specialist services and there may be concerns about their safety.

**RISK SUPPORT RESOURCES AND SIGN POSTING**

* Risk is everyone’s responsibility it is key that all agencies play a role in keeping the child safe, through a joined-up trauma sensitive, relationship-based plan.
* The 24/7 CAMHS direct crisis line number is 0800 953 9599 (for use in a crisis, rather than attending A&E or calling 999) it is available for children and young people, parents, carers, and professionals that are concerned that a child is in a mental health crisis. A&E should be used when there is physical injury that requires medical intervention and/or a serious risk of immediate harm. In some high-risk cases CAMHS can support and advise the multiagency team around risk support; even when the child and or family are not currently ready or able to access a CAMHS service.
* If you have ANY concerns about possible abuse, it MUST be reported to the [Access and Response Team](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=nLGefl46mGI&familychannel=1-6&channel=family) by calling 01454 866000 or 01454 615165 (out of hours). accessandresponse@southglos.gov.uk