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18th May 2022

Dear General Practice Colleagues

**RE: Update on CAMHS (Child and Adolescent Mental Health Services) services across Hampshire and the Isle of Wight Integrated Care System**

Thank you all so much for your continued hard work and efforts in continuing to support our children and young people in Southampton, Portsmouth, Hampshire, and Isle of Wight with their emotional and mental health needs.

The COVID-19 pandemic has had a huge impact on the mental health of children and young people, with a 35% increase in referrals to children's mental health service compared to before the pandemic, and a 295% increase in demand for Tier 4 CAMHS Inpatient Beds since the end of the first lockdown in September 2020 when children first returned to school. This pattern in the Hampshire and Isle of Wight ICS is consistent with the national picture. Those seeking help also have a higher level of complexity and need, which has added to the demand on services. Demand has increased across all tiers of the service from early help to those requiring inpatient, tier 4 care. The latter has had implications for specialist CAMHS who are having to focus on those needing urgent care, hence increasing the waiting list time for those accepted by the service. In turn, waiting for early support offered by the voluntary services and the commissioned youth counselling service has been affected.

Please be assured that considerable investment has been put into CAMHS, early help and tier 4 services. There has been significant recruitment and up-skilling of staff, and this is ongoing. The mental health support teams (MHST) in schools have also been expanded to cover more areas with further MHSTs planned over the next 2 years. With a view to have at least one MHST in each area of the ICS by February 2024. These teams will work closely with schools to support a more effective whole school approach to promoting and building good mental health and resilience, whilst also providing an enhanced mental health early help offer for those schools supported by MHSTs. Not every school will benefit from MHST support. They will be prioritised according to those schools with the highest social need in each area.

We recognise that this investment will take time to have an impact at the coalface for our patients. In the interim we have enclosed a list of resources that will be helpful to use to signpost patients, particularly for those unlikely to meet the specialist CAMHS thresholds.

For ease of reference, please see below a list of links to information resources within each of the four local children’s mental health offers across Hampshire, Southampton, Isle of Wight and Portsmouth:

**Southampton:** [**Mental health and wellbeing- Southampton**](https://www.southampton.gov.uk/health-social-care/health/mental-health/)

**Portsmouth:** [Mental health support for young people- Portsmouth](https://www.portsmouth.gov.uk/services/health-and-care/health/mental-wellbeing/mental-health-support-for-young-people-semh/)

**Hampshire:** [Guidance on when to make a referral to specialist CAMHS in Hampshire?](https://hampshirecamhs.nhs.uk/referral/)

**Isle of Wight:** [Local Children and Young People’s Mental Health Services on the Isle of Wight](https://what0-18.nhs.uk/parentscarers/your-childs-mental-health/isle-wight-services-supporting-mental-health-and-emotional-wellbeing-under-18s)

In addition to the above, the services and resources listed within the appendix below should also be made available and/or signposted to patients who may be waiting for more specialist mental health support.

Thank you for your ongoing efforts in supporting the mental health needs of children, young people and families registered with your practice alongside everything else that you do.

Kind regards

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| A picture containing hanger  Description automatically generatedJenny ErwinChair - ICS CAMHS Transformation Board | A picture containing document  Description automatically generatedDr Sally RobinsGP Clinical lead – ICS CAMHS Transformation Board | Dr Clare HarrisGP Clinical lead – ICS CAMHS Transformation Board |

**Appendix A: CYP Mental Health resources and services for signposting children, young people and families to in Hampshire and Isle of Wight Integrated Care System**

| **Service Provider** | **Web Link** | **Overview of services** |
| --- | --- | --- |
| Sussex CAMHS | [CAMHS (sussexcamhs.nhs.uk)](https://sussexcamhs.nhs.uk/) | A host of online support information for children, young people, parents and carers and professionals about how to manage mental health in children.  |
| Kooth | [Home - Kooth](https://www.kooth.com/) | Kooth.com provides a confidential online emotional health and wellbeing service for all young people from age 11-25 (up to 18 for Portsmouth only). On Kooth, young people can speak to a counsellor via instant messaging, 365 days per year (12pm – 10pm Monday to Friday and 6pm – 10pm weekends). Young people can also access mini activities, self-help resources and find advice and guidance, includingfrom other young people who have experienced similar things. On Kooth.com young people can register anonymously so they don’t need to provide their name or any contact details. |
| Healthier Together- mental Health | [Mental health :: Healthier Together (what0-18.nhs.uk)](https://what0-18.nhs.uk/health-for-young-people/mental-health-and-wellbeing) | Healthier Together is a central location for resources that have been developed in partnership between parents and healthcare professionals from across Dorset, Hampshire and the Isle of Wight. You'll find clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last. |
| Young Minds | [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](https://www.youngminds.org.uk/) | The UK’s leading charity fighting for children and young people's mental health. |
| e-wellbeing | www.e-wellbeing.co.uk | A digital wellbeing service for young people, run by YMCA DownsLink Group, to access the right support and information around their emotional health and wellbeing. |
| Place 2 Be | [Home - e-wellbeing](https://e-wellbeing.co.uk/) | A national charity website which provides information and support to schools in the UK |
| Papyrus | [Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)](https://www.papyrus-uk.org/) | Prevention of young people’s suicide in the UK. this has three different sections titled ‘I’m Thinking About Suicide’, ‘I’m Worried About Someone’ and ‘I’m a Professional’  |
| Hopeline | [Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)](https://www.papyrus-uk.org/?gclid=EAIaIQobChMIlMzHyMXo9wIVpjytBh28pwIdEAAYASAAEgI8ZPD_BwE) | A confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide and anyone concerned that a young person could be thinking about suicide. |
| Staying Alive app | [Stay Alive App - Grassroots Suicide Prevention (prevent-suicide.org.uk)](https://prevent-suicide.org.uk/find-help-now/stay-alive-app/). | The Stay Alive app is a pocket suicide prevention resource, full of information which we hope will help you stay safe. You might find it useful if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. |
| Well Mind | [WellMind on the App Store (apple.com)](https://apps.apple.com/gb/app/wellmind/id918138339) | WellMind is a free NHS mental health and wellbeing app designed to help with stress, anxiety and depression. The app includes advice, tips and tools to improve mental health and boost wellbeing. |
| Preventing Suicide in Sussex | [Preventing Suicide in Sussex](https://www.preventingsuicideinsussex.org/) | Advice for people who may be at risk of suicide, and for concerned family and friends |
| Mood Tools | h[MoodTools - Depression Aid on the App Store (apple.com)](https://apps.apple.com/gb/app/moodtools-depression-aid/id1012822112) | MoodTools is designed to help combat depression and alleviate negative moods. |
| Calm Zone | [CALM Homepage | Campaign Against Living Miserably (CALM) (thecalmzone.net)](https://www.thecalmzone.net/) | The Campaign Against Living Miserably (CALM) is leading a movement against suicide |
| Health Talk | [Depression and low mood (young people) - Overview (healthtalk.org)](https://healthtalk.org/depression-and-low-mood/overview) | Find out about the experience of depression and low mood in young people by seeing and hearing young people share their personal stories on film |
| Harmless | [Home - Harmless](https://harmless.org.uk/) | Harmless is an organisation who works to address and overcome issues related to self-harm and suicide. |