

## Main services available in Southampton for children and young people with emotional or mental health needs (Up to 25 years of age)

LEVEL OF NEED	PRESENTATIONS/SYMPTOMS	SERVICE AND CONTACTS	SERVICE OFFER
<p style="text-align: center;"><b>CRISIS</b></p> <p>An extreme event that could mean a risk to life of self or others</p>	<ul style="list-style-type: none"> <li>Acute Emotional Distress with high risk to self and others e.g. – young person is verbalising a plan to harm self or others and the family or network around the young person is not able to contain or manage the issue without urgent intervention from a mental health professional.</li> <li>Usually lasting no longer than 2-3 days</li> </ul>	<p><u><b>Medical Emergency call 999.</b></u></p> <p><b>Under 18s: In Hours (09.00-17.00)</b></p> <ul style="list-style-type: none"> <li>Call GP if they are not known to CAMHS or CAMHS Single Point of Access if they are known to CAMHS. <b>023 8103 0061.</b></li> </ul> <p><b>Under 18s: Out of Hours (After 17.00)</b></p> <ul style="list-style-type: none"> <li>111 - Mental Health Triage Service: can be accessed by phone by dialling 111</li> </ul> <p><b>Adult: All Hours (18 yrs +)</b></p> <ul style="list-style-type: none"> <li>Call Acute Mental Health Crisis Team <b>023 8083 5535 / 023 8083 5552</b></li> <li>The Lighthouse: between 4:30pm and 12am. Text 'lighthouse' and postcode (for example LIGHTHOUSE SO14 0YG) to 07451276010.</li> </ul>	<ul style="list-style-type: none"> <li><b>CAMHS Crisis</b> - Intensive crisis care package for short term support).</li> <li><b>Crisis Resolution Home Treatment (Adults)</b> - Intensive crisis care package for short term support.</li> <li><b>GP-</b> brief assessment and facilitation of mental health advice/ access (An on call Psychiatrist or CAMHS SPA Clinician is available for advice for making a care plan).</li> <li><b>The Lighthouse:</b> for those in mental health crisis or emotional distress. The Lighthouse staff will then contact young people via telephone, email, webchat or text.</li> </ul>
<p style="text-align: center;"><b>SEVERE</b></p> <p>Severe and complex mental health symptoms that are chronic, ongoing, and significantly impacting daily life</p>	<ul style="list-style-type: none"> <li>Eating disorders.</li> <li>Psychosis.</li> <li>Suicidal thoughts WITH intentions.</li> <li>Self-harm (deep cuts requiring immediate medical attention, burning, attempted suicide).</li> <li>Anxiety (high anxiety affecting daily functioning, i.e. unable to leave house or attend school).</li> <li>Neurodevelopmental e.g. autism spectrum disorder/attention deficit disorder (CAMHS ONLY).</li> </ul>	<p><b>CAMHS including Eating Disorders:</b> Up to 18 years old call/refer to CAMHS Single Point of Access. <b>023 8103 0061</b> Referral criteria <a href="#">here</a> and form <a href="#">here</a> <i>Please note referrals for neuro assessments are preferred via schools.</i></p> <ul style="list-style-type: none"> <li><b>Adult Mental Health (AMH):</b> 18 plus access the Community Adult Community Mental Health Team through a health professional e.g. GP, Midwife, SM Practitioner (Not Neurodevelopmental Differences) <ul style="list-style-type: none"> <li><b>Southampton (Central): 02382 310726</b></li> <li><b>Southampton (East): 02382 310982</b></li> <li><b>Southampton (West): 02380 878040</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><b>Building Resilience and Strengths (BRS):</b> Under 18 years displaying extreme behaviour which is directly related to their mental health problems, emotional difficulties, health needs or learning difficulties (<i>will have received, or be receiving, integrated services from specialist services</i>) <b>023 8083 4430</b></li> <li><b>CAMHS</b> - Information resource and evidenced based treatment for mental health disorders. This can include medication and talking therapies on a 1-2-1, group or family basis.</li> <li><b>Adult Mental Health</b> - Information resource and treatment provided to adults of working age with severe and enduring mental health problems in the community and in hospital if required.</li> <li><b>Steps to Wellbeing</b> - A range of therapies and treatments for those dealing with common mental health difficulties in a 1-2-1 or group setting where the self-harm is not the main priority (only Young People at minimal risk i.e. those young people who are able to keep themselves safe for up to two weeks whilst waiting for treatment).</li> </ul>
<p style="text-align: center;"><b>MODERATE</b></p> <p>Moderate mental health symptoms that are ongoing and impacting daily life</p>	<ul style="list-style-type: none"> <li>Post-Traumatic Stress Disorder &amp; trauma</li> <li>Obsessive Compulsive Disorders.</li> <li>Self-harm (regular surface cuts) and suicidal thoughts without intent to seriously harm.</li> <li>Anxiety (frequent and increased impact on some areas of life - e.g. occasionally struggles to leave house or attend school).</li> <li>Neurodevelopmental differences (ND)</li> </ul>	<ul style="list-style-type: none"> <li><b>CAMHS:</b> Up to 18 years old call CAMHS Single Point of Access. <b>023 8103 0061</b> Referral criteria <a href="#">here</a> and form <a href="#">here</a></li> <li><b>Steps to Wellbeing (Talking Therapies):</b> 18 plus years can self-refer <a href="http://www.steps2wellbeing.co.uk">http://www.steps2wellbeing.co.uk</a> 0800 612 7000</li> </ul>	<ul style="list-style-type: none"> <li><b>Steps to Wellbeing</b> - A range of therapies and treatments for those dealing with common mental health difficulties in a 1-2-1 or group setting where the self-harm is not the main priority (only Young People at minimal risk i.e. those young people who are able to keep themselves safe for up to two weeks whilst waiting for treatment).</li> </ul>
<p style="text-align: center;"><b>MILD</b></p> <p>Behavioural and emotional responses to relationships and life events</p>	<ul style="list-style-type: none"> <li>Substance misuse including alcohol use</li> <li>Whole Family Based work.</li> <li>Healthy weight.</li> <li>Parenting and behaviour help.</li> <li>School Attendance.</li> </ul>	<ul style="list-style-type: none"> <li><b>Early Help Hub (Under 18s)</b> 023 8083 3311 or email <a href="mailto:EarlyHelpHub@southampton.gov.uk">EarlyHelpHub@southampton.gov.uk</a> <a href="http://www.southampton.gov.uk/health-social-care/children/child-social-care/early-help.aspx">www.southampton.gov.uk/health-social-care/children/child-social-care/early-help.aspx</a></li> <li><b>No Limits</b> (see below) including <b>Drug and Alcohol Service (DASH)</b> <a href="https://nolimitshelp.org.uk/get-help/health-wellbeing/drugs-and-alcohol/">https://nolimitshelp.org.uk/get-help/health-wellbeing/drugs-and-alcohol/</a></li> </ul>	<ul style="list-style-type: none"> <li><b>Early Help Hub (Under 18s)</b> - Family help following Early Help Assessment. Public Health Nurse (School Nurse) may get involved following this assessment as part of Early Help Service.</li> <li><b>DASH</b> - provides help and support for young people up to the age of 25 who would like support with their drugs or alcohol use.</li> </ul>
<p style="text-align: center;"><b>MILD</b></p> <p>Behavioural and emotional responses to relationships and life events</p>	<ul style="list-style-type: none"> <li>Low mood.</li> <li>Panic symptoms.</li> <li>Worry.</li> <li>Simple phobia (not blood/needle).</li> <li>Anxiety based school avoidance.</li> <li>Stress management i.e. exam stress.</li> <li>Behavioural difficulties.</li> <li>Separation/Generalised Anxiety.</li> <li>Panic Disorder.</li> <li>OCD.</li> <li>Social Anxiety.</li> <li>Specific Phobia.</li> <li>PTSD.</li> <li>Depression.</li> </ul>	<ul style="list-style-type: none"> <li><b>Steps to Wellbeing (Talking Therapies):</b> 18 plus</li> <li><b>School Support</b> - Young people/parents should be advised to explore with the school what support is available including <b>MHST (School pupils)</b> – where their school or college can refer to MHST. <a href="mailto:SouthamptonMHST@Solent.nhs.uk">SouthamptonMHST@Solent.nhs.uk</a> (not available Citywide at present)</li> <li><b>Parent/Carer Support: Re:minds</b> is a parent –led organisation supporting families with mental health and/or neurodiversity</li> <li><b>Public Health Nursing (&lt;19s)</b> – Wellbeing Associate Practitioners work with secondary school and college. 0300 123 6661, referral by school / college or <a href="mailto:snhs.publichealthnursingsouthampton@nhs.net">snhs.publichealthnursingsouthampton@nhs.net</a></li> <li><b>No Limits (Under 25s)</b> –services for young people aged up to 26 years old <a href="https://nolimitshelp.org.uk/02380224224">https://nolimitshelp.org.uk/02380224224</a> &amp; <a href="mailto:enquiries@nolimitshelp.org.uk">enquiries@nolimitshelp.org.uk</a></li> <li><b>Solent Mind</b> <a href="http://www.solentmind.org.uk/support-for-you/our-services/">http://www.solentmind.org.uk/support-for-you/our-services/</a></li> <li><b>Saints Foundation</b> - <a href="https://www.southamptonfc.com/saints-foundation">https://www.southamptonfc.com/saints-foundation</a></li> <li><b>SO: Linked for Mental Health Community Navigation,</b> Tel: 023 8021 6050, <a href="mailto:soccg.solinked@nhs.net">soccg.solinked@nhs.net</a>, <a href="http://www.solinked.org.uk">http://www.solinked.org.uk</a></li> <li><b>Youth Options:</b> <a href="http://youthoptions.co.uk/">http://youthoptions.co.uk/</a>- You can get individual or group support, they will support you to explore the problems you are facing</li> <li><b>Simon Says:</b> will help you if a significant person in your life has died or is dying</li> </ul>	<ul style="list-style-type: none"> <li><b>Kooth.com</b> provides a digital emotional health and wellbeing service for young people from age 11-18 (Up to age 25 for care leavers and those with EHCP). Young people can access self-help resources, moderated peer support and professional support from counsellors</li> <li><b>Mental Health Support Team (MHST)</b> - deliver evidence based early interventions for children and young people with mild to moderate mental health problems. This includes 1:1 high/low intensity CBT, work with parents and group work. <i>For schools signed part of MHSTs only</i></li> <li><b>Public Health Nursing</b> – offer confidential support in secondary schools and colleges for emotional wellbeing support thorough 1:1 or group support. Phone / video call support is also available.</li> <li><b>No Limits</b> – offers free and confidential information, advice, counselling, advocacy and support to under 26 yr olds . Including drop-in, support groups, therapeutic groups, primary mental health workers etc...</li> </ul> <p>Other digital self-help services are also available such as <a href="#">Little Book of Sunshine (Apple or Android)</a> <a href="#">Young Minds</a>, <a href="#">ThinkNinja</a>, <a href="#">Every Mind Matters</a>, <a href="#">Anna Freud Centre</a>, <a href="#">Rise Above</a> and <a href="#">The Mix</a>.</p>