

USEFUL RESOURCES:

While waiting for an appointment children, adolescents and their parents or carers can access resources via the Youth Wellness Web

Scan with your mobile phone camera



CONTACT DETAILS:

Single Point of Entry for Trustwide CAMHS referrals

Email Referrals Co ordination Team:

CAMHS.teams@southerntrust.hscni.net

Alternatively you can post to:

Bocombra Lodge
2 Old Lurgan Road
Portadown
BT63 5SG
Tel: 028 38392112



HSC Southern Health
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STEP 2 CAMHS



Information for Referrers



WHO ARE WE?

Step 2 CAMHS provide community based mental health support to children and adolescents living in the Southern Health & Social Care Trust locality.

Step 2 CAMHS Practitioners are from a variety of professional backgrounds including Nursing, Social Work and Youth & Community Work.

We offer a range of interventions including;

- Assessment
- Individual work
- Group work
- Family Therapy
- Professional Consultation
- Training & Development
- Webinars

Children & adolescents under the age of 16 years should be accompanied to an initial appointment by someone with parental responsibility.



TYPES OF REFERRAL:

Step 2 CAMHS is an early intervention service providing time limited support to children & young people who are experiencing mild to moderate emotional or mental health difficulties across two or more settings (home / school / community).

Concerns may include;

Emotional dysregulation which hasn't responded to earlier intervention strategies

Mild to moderate anxiety, phobias & obsessional behaviours

Mood difficulties including mild depression which impacts on functioning



Step 2 CAMHS Practitioners do not make formal diagnoses or prescribe medication

HOW TO REFER:

Referrals are accepted into Step 2 CAMHS from a range of professionals including:

- General Practitioner (GP)
- Social Worker
- Health Visitor
- Educational Psychologist
- Educational Welfare Officer
- Senior Teacher
- School Nurse
- Paediatrician
- Hospital Doctor / Nurse
- Adult Mental Health Services
- Step 3 CAMHS

Step 2 CAMHS work in partnership with local Family Support HUBS

Self-referrals are not accepted

In all cases contact will be made, following initial assessment, with the referral agent as well as the GP.

