

range. We understand it can be difficult to decide upon the most appropriate agency to refer a family or young person on to. Consequently, we welcome enquiries by telephone or by booking a *CAMHS Consultation* clinic slot.

Please send referral forms by post to:
Child & Adolescent Mental Health Service
3 Rillbank Terrace
Edinburgh
EH9 1LL

If you require a copy of the referral form please contact an administrator on 0131 536 0534. Referral forms can be requested electronically but all referrals must be sent by post (typed or handwritten).

What happens when we get a referral?

Referrals are considered on a daily basis.

Three options include:-

- If the referral is appropriate for CAMHS, an administrator will write to the family asking them to phone to choose a suitable date and time for an initial meeting (called a *Choice* appointment). The referrer will receive a copy of this letter. If you are concerned that a parent or young person may not phone us, please encourage them to do so
- If the referral is not appropriate for CAMHS or we have not received enough information to tell if we are the right service to help, an administrator will write to the referrer and the family informing them of this. We might suggest another agency that may be more appropriate or request

that sufficient information is provided before the referral can be considered

- We may also recommend, in the first instance, that the referrer and the other professionals who are working with the family arrange a discussion (called a consultation clinic) with CAMHS. The parents or young person's permission will need to be sought before this can be organised.

Where do we see families?

We see most children, young people and families at the Royal Hospital for Sick Children, 3 Rillbank Terrace, Edinburgh, EH9 1LL. However, a smaller number of clinic slots are available at Sighthill and Craigmillar Health Centres. In exceptional circumstances other arrangements may also be made.

Out-of-hours and at weekends

In the event of an emergency, patients are advised to contact their general practitioner in the first instance.

The on-call duty doctor system for CAMHS should be used by professionals once they have seen the person, if a child or young person requires an immediate mental health assessment:

Royal Edinburgh Hospital switchboard
0131 537 6000

**CAMHS works to NHS Lothian's Data Protection Policy*



Child and Adolescent Mental Health Service (CAMHS)

South Edinburgh

Information for professionals

CAMHS
3 Rillbank Terrace
Edinburgh
EH9 1LL

Tel: 0131 536 0534
Fax: 0131 536 0545

Child and Adolescent Mental Health Service (South Edinburgh)

We are part of the NHS Lothian Child and Adolescent Mental Health Service (CAHMS) for Edinburgh, East Lothian and Midlothian.

South Edinburgh CAMHS consists of:-

- Jackie Hunter, Lesley Gerrard and Joanne Singh, Administrators.
- Dr Avery, Associate Specialist in Psychiatry.
- Dr Andy Gentil, Clinical Psychologist.
- Maggie Coombs, Ann Maguire, Margaret Monan, Catrina Wade and Allister Watson, Community Mental Health Workers.
- Drs Susan Dunn, Livia Katay and Mandy Mulvanny, Consultant Psychiatrists.
- Gwyneth Bruce and Jette Lemvig, Occupational Therapists.
- Peter W. Robinson, Psychotherapist.
- Anne Dewar, Cara MacKenzie and Tracey Hamburgh, Social Workers.

The team provides a service for children and young people (0-18 years) and their families in South Edinburgh who are experiencing difficulties ranging from significant emotional or behavioural problems to persistent mental health problems.

The team provides assessment and a range of interventions as well as access to other CAMHS specialist services provided centrally.

These include:

- Child learning disability and autism team
- PPALS (paediatric psychology and liaison service)
- Child sexual abuse team
- Inpatient and daypatient facilities at CAMHS Tipperlinn, Royal Edinburgh Hospital and Forteviot.

As well as direct work with children, young people and families, the team offers a CAMHS Consultation Service and can provide consultation to and training for other agencies and professionals.

Who can make a referral?

Referrals are accepted from professionals such as GPs, community child health, general medicine, social work, health visitors, schools, educational psychology and other voluntary or professional agencies.

Making a referral

Contact with CAMHS is voluntary and a referral must be made in agreement with the parents and/or young person (depending on age). People are more likely to have a positive experience and a successful outcome when they have been involved in the referral decision and are motivated to attend.

Referrals will be considered when the presenting problem has a significant impact on everyday life.

A full description of the difficulties is required, including nature and duration, relevant background information, social circumstances and school information.

Here are some examples of work accepted, but this is only a guide:

- Anxiety (e.g. severe general, OCD, social, phobias)
- Attention deficit disorders (including diagnostic queries)
- Autism spectrum disorders (including diagnostic queries)
- Behavioural problems (significant, persistent, outwith developmental norms, or driven by emotional distress) that indicate mental health problems rather than oppositionality alone
- Depression (e.g. low mood / bipolar, persistent)
- Eating disorders (significant, e.g. low BMI, fast falling BMI, anorexia, bulimia)
- Enuresis/encopresis (longstanding problem, and after local care pathway has ruled out a physical cause)
- Post-traumatic stress
- Psychosis (including diagnostic queries)
- Self-harm (persistent and/or increasing in severity)
- Significant attachment difficulties
- Tics/Tourette's syndrome (including diagnostic queries)

All referrals are individually screened and priority level is considered in terms of the immediate risk to the child or young person in relation to their mental health problems. This will likely include assessment of persistence, severity and context.

The manifestation of mental health difficulties may present very differently across the age