

CAMHS – what makes a good referral?

When referring to CAMHS ensuring the following information is included, allows the team to determine the most suitable course of action, and triage appropriately and as quickly as possible.

- **What are the current mental health concerns?**

Include: Symptoms, duration, severity, risk, level of associated distress.
Why seeking help now?

- **What else has been tried already and with what outcomes?**

Include: Initial advice given, strategies tried, resources/websites recommended, other services/agencies accessed and what the outcome of these interventions was.

- **What are the specific difficulties that you would like CAMHS to address?**

Include: *What outcomes are hoped for?*

- **What is the impact of the difficulties described on the young person's day to day functioning across settings?**

Include: Impact on performance at home, school and socially.

- **Any other relevant information about the young person's circumstances?**

Include: Any triggers for the difficulties emerging, whether the problem is situation specific or more generalised, any relevant history/family history, current family circumstances, particular risk

factors, any statutory measures e.g. child protection register.

- **What protective factors are there?**

Include: strengths in the family, community supports, young person's strengths.

- **Is anyone else involved or have other agencies been involved previously?**

Please attach any reports from other professionals.