

## How do I know if this is the appropriate service to refer to?

We understand it can be difficult to decide the most appropriate agency to refer a family or young person on to.

We welcome enquiries by telephone or email to clarify whether our service is appropriate. This is particularly useful for neuropsychology referrals.

## Out of hours and at weekends

In the event of an emergency, families are advised to contact their GP in the first instance or their medical team at the Royal Hospital for Sick Children.

If the child or young person requires an immediate mental health assessment (e.g. serious self-harm, suspected psychosis), professionals should use the on-call duty doctor system for CAMHS. This can be accessed by telephoning the Royal Edinburgh Hospital switchboard: 0131 537 6000

## Data protection and confidentiality

PPALS adheres to NHS Lothian's Data Protection Policy.

In accordance with Edinburgh and the Lothians inter-agency child protection procedures, if we have concerns regarding the safety of a child or young person, we are obliged to notify relevant agencies.

Sometimes we ask if we can use information for training or research. We will **always** explain to the family exactly how we would like to use it and will ask their permission first. Where possible, information is anonymised before it is used.



## Information for professionals

### Paediatric Psychology and Liaison Service (PPALS)

Using psychological approaches to promote health, wellbeing and development

**RHCYP**  
**2<sup>nd</sup> Floor , 50 Little France**  
**Edinburgh, EH164TJ**

**Telephone 0131 312 0528**

## Who are we?

The Paediatric Psychology and Liaison Service (PPALS) is a specialist team that includes clinical psychologists, neuropsychologists, creative therapists and psychiatrists. Trainees also work within the team under supervision.

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

## Who do we provide a service for?

We work with children and young people who:

- are under the care of an RHCYP consultant
- **and** have a physical health condition;
- **and** are experiencing psychological or behavioural issues related to their physical health condition
- **and** the difficulties impact significantly on day-to-day functioning.

We do not accept referrals for:

- problems pre-existing the physical health condition (e.g. longstanding behavioural issues)
- toileting, eating or sleep difficulties unrelated to the physical health condition.

We may see young people on the ward if appropriate.

## What constitutes a significant impact on everyday functioning?

Examples might include:

- disrupted school attendance that is not a direct consequence of attending medical appointments
- disruption to home life impacting on daily living and family members' psychological wellbeing
- difficulties in relationships with others
- clear signs of psychological distress or mental health issues.

## What do we offer?

We may offer one or all of the following:

- individual work with the child/young person
- work with parents and carers
- group programmes for children and young people and/or their carers
- continuing consultation with other professionals and agencies, e.g. medical teams, GPs, education, social work
- referral to, and liaison with, other agencies
- staff training for those working with the young person.

## Who can make a referral?

Referrals are accepted from professionals based within the RHCYP or CAMHS.

If other professionals would like to make a referral to our team, this should be made via a paediatrician.

## How do I make a referral?

A referral must be made in agreement with the family, as contact with CAMHS is voluntary. 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.

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

Examples of presenting difficulties that may be referred to our team include:

- difficulties adjusting to a physical health condition or diagnosis
- behavioural issues that are impacting on physical health and wellbeing (e.g. adherence to treatment)
- psychological issues (e.g. low mood, anxiety) related directly to or compounded by a physical health condition
- specific anxieties affecting medical care (e.g. procedural distress).

However, this list is only a guide. Referrals should be sent in writing to:

**PPALS  
RHCYP  
Little France  
Edinburgh**