

Youth Emotional Support - (YES)

Referral Guidance and Thresholds

This document provides an overview of the referral guidance and contact details for YES Services within Young People's Services.

Core Purpose

The core purpose of Youth Emotional Support (YES) is to offer a service to young people aged 11-18 years that helps them to identify, acknowledge and work through difficulties they may be facing that are having a negative impact on their emotional wellbeing and personal/social functioning.

Services Offered

Young people are offered assessment and triage to determine appropriate interventions. These include:

- signposting and referral onto other services within Young people's services and external agencies
- young person centred counselling, both face to face and online, offered by partner services
- YES group work offering targeted strategies to resource for emotional wellbeing issues
- YES one-to-one intensive support with a named supportworker or caseworker

YES also works closely with CAMHS to ensure a step up to clinical services where necessary as well as receiving young people who do not meet their criteria for support.

Threshold for referral

Young people could be presenting with the following difficulties impacting on day to day functioning, including:

- low mood/ mild depression
- self-harm
- self esteem and confidence issues
- anxiety/exam stress
- low level eating or body image issues

- social isolation or non-attendance in school/college
- sleeping difficulties
- relationship difficulties
- significant life events such as bereavement, divorce or separation

For more information about the service and our interventions please refer to [our information leaflet](#) on our website.

Referrals

Referrals of children and young people can be made from age 11 up to their 18th birthday, by:

- General Practitioners (using the referral form on the CCG website)
- Children and Adolescent Mental Health Services (including Primary Mental Health Professionals and A&E specialist nurses)
- School nurses
- Self Referrals (Agencies should direct young people to refer themselves using the contact details below)

Immediate concerns

If you are concerned about the immediate safety of a child or young person (for example, they pose an immediate risk to themselves or others or may be the actual or imminent victim of abuse or neglect) please telephone the relevant Emergency Service on 999.

Contact

- Consultation/Advice line: 0330 2226711 (Open 9.30am to 4pm, Monday to Friday. Please leave a message if the line is engaged or out of these hours and they will return your call as soon as possible within these hours.)
- yes@westsussex.gov.uk