

CHILDREN AND YOUNG PEOPLES EMOTIONAL WELLBEING AND MENTAL HEALTH PATHWAY – February 2019

Please ensure consent is gained to share information for all referrals

KEY: (Source West Sussex Safeguarding Children Board)

- 1 Children whose needs are met within universal services
- 2 Children with additional needs showing early signs of vulnerability requiring early help
- 3 Children who require statutory or specialist services and targeted early help
- 4 Children who are suffering or likely to suffer significant harm

IPEH



Integrated Prevention and Earliest Help service works with children and their families from pre-birth up to 18 years (25 years with SEN.)

IPEH consists of 6 local geographical hubs in West Sussex: Worthing and Adur, Horsham, Mid Sussex, Arun, Chichester and Crawley.

The service consists of integrated teams of professionals e.g. Family Support workers, youth workers, domestic abuse workers and 0-5 specialist early years. IPEH Support starts with universal services, up to level 3 including worries about multiple or complex needs including:-

- Health including emotional well-being and mental health
- Children in need of help
- Education including attendance and anxiety
- Behavioural difficulties.
- Parenting including groups

Other issues impacting on children's ability to thrive e.g. debt, housing, basic care needs, drugs and alcohol, anti-social behaviour/crime

Accessing your local Hub for support:

AdurWorthingHUB@westsussex.gov.uk

Adur Tel 07841 867340

ChichesterHUB@westsussex.gov.uk

Chichester Tel 07860 858616

ArunHUB@westsussex.gov.uk

Arun Tel 07860 858654

HorshamHUB@westsussex.gov.uk

Horsham Tel 07525 211177

CrawleyHUB@westsussex.gov.uk

Crawley Tel 07542 856334

MidSussexHUB@westsussex.gov.uk

Mid Sussex Tel 01444 255477

YES



The YES service (Youth Emotional Support) offers a voluntary service for young people aged 11 to under 18 to help them identify acknowledge and work through difficulties they may be facing which are having an impact on their emotional wellbeing.

YES is aimed at young people who find challenges of adolescence too much to manage and presenting behaviours such as:

- Self-harm
- Low mood and mild depression
- Difficult relationships at home and with friends
- Anger issues
- Low self-esteem and confidence
- Anxiety / Sleeplessness
- Feeling life is not worth living
- Difficulty with eating and weight
- Concerns regarding child exploitation
- Gender identity issues

Further information: www.westsussex.gov.uk/YES

Referral Email: yes@westsussex.gov.uk

Tel: 0330 2226711 (please leave a message)

Emotional & Wellbeing Support Services

Services offering help, advice and/or counselling on issues including mental health, drugs, alcohol, eating disorders and autistic spectrum conditions can be found here:

<https://www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/emotional-wellbeing-information-and-support/#services-that-can-help-you>

CAMHS



Tier 2 CAMHS CMHL consists of a team of Mental Health Practitioners and works with any professional concerned about a young person's mental health. To access CMHLS:

- Access point line: 0300 304 0304 (**M - F 12-5pm**)
- Booking into a consultation clinic: 0300 304 4075.

Facilitation of access to specialist services to young people and parents with mild to moderate mental health (MH) difficulties:

Tier 3 CAMHS offers:-

- Specialist assessment and treatment to young people (up to 18) with moderate to severe MH conditions such as: Depression, OCD (significant impact on functioning), Anxiety, PTSD and neuro-developmental assessments.

CAMHS Telephone (Monday – Friday 9am – 5pm)

01903 286754 Worthing

01403 223200 Horsham/Crawley

01444 472673 Mid Sussex

UHS (Urgent Help Service):

01444 472670 07788 564997

Family Eating Disorder Service - FEDS - supports young people aged 10-18 years and their families to treat eating disorders. Including Anorexia Nervosa, Bulimia Nervosa and Avoidant/ Restrictive Food Intake Disorder (AFIDS). Telephone for advice 01444 472670 (Mon – Fri 9– 5)
<https://www.sussexpartnership.nhs.uk/eatingdisorder>

Early Intervention in Psychosis - EIP

Horsham & Central/Mid-Sussex: 01403 223200

Worthing/Arun & Adur: 0300 304 0067

Bognor Regis/Chichester & West: 01243

841041 Out of hours: 0300 500 0101

Perinatal

Coastal West Sussex referrals: 0300 304 0214

North West Sussex referrals: 0300 304 0213

spt.perinatalreferrals@nhs.net

MASH



The Multi-Agency Safeguarding Hub (MASH) is the single point of contact for safeguarding and child protection concerns regarding children and young people (0 to under 18) in West Sussex.

MASH act as a front door to manage safeguarding and child protection concerns, accessing quickly and efficiently the child protection investigation team both within children's social care, the police and health.

MASH works closely with IPEH, Health, Police, and Education to ensure families receive the most appropriate service

Concerns can include:

- At risk of significant harm
- All forms of child abuse – physical, sexual, emotional including Neglect
- Prevent services
- High risk of Domestic Abuse

If you have child protection concerns refer to MASH:

Email: MASH@westsussex.gov.uk

Telephone: 01403 229 900

Emergency out of hours: 0330 222 6664

Form:

<https://www.westsussexscb.org.uk/professionals/work-together/contacts-for-referral/>