



# Youth Emotional Support (YES) Referral Guidance and Thresholds

This document provides an overview of the **referral guidance** and **contact details** for Youth Emotional Support Services within Young People's Services. Our service supports 11- up to 18th birthday Children and Young People through **FindItOut Centres** in **Chichester, Bognor Regis, Worthing, Lancing, Burgess Hill, Crawley, Horsham and Littlehampton.**

**YES CONTACT DETAILS:**

Consultation/Advice telephone line*:	<b>0330 2226711</b>
Email:	<a href="mailto:Emotionalwellbeing.yps@westsussex.gcsx.gov.uk">Emotionalwellbeing.yps@westsussex.gcsx.gov.uk</a>

**\*The Consultation Line is active from 11 April, and staffed by the YES Duty Staff member between 9.30am and 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.

- Who can make a referral?**
- General Practitioners (using the provided referral form on the CCG website)
  - Children and Adolescent Mental Health Services (Inc. Primary Mental Health Professionals and A&E specialist Nurses)
  - School nurses

**Self Referrals:** agencies, e.g. Education, Children and Family Services should direct young people to SELF REFER at their local FindItOut Centre.  
<https://www.westsussex.gov.uk/YES>

**Core Purpose:** The core purpose of Youth Emotional Support 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 in partnership with FindItOut. These include:
- One to one intensive support with a named caseworker
  - Advice and guidance and on-going support with FindItOut support staff
  - Young person centred counselling, both face to face and online
  - Specific group work
  - Signposting and referral onto other services within Young people's services and external agencies

*We also work 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:

- 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. e.g. bereavement, divorce/separation

**For more information about the service and our interventions please visit:**  
<https://www.westsussex.gov.uk/YES> for an information leaflet.

**If you are concerned about the immediate safety of a child or young person (e.g. 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.**

