



SERVICES IN YOUR AREA

CHILDREN'S AND ADOLESCENCE MENTAL HEALTH SERVICES



 www.camhs.mpft.nhs.uk/south-staffordshire
 Cannock: 01543 879787 Stafford: 01785 221665
Tamworth: 01827 51183 Burton: 01283 505820
Lichfield: 01543 442012

 Self referral available via website

Child and Adolescent Mental Health Services are often referred to as CAMHS. You might be referred to CAMHS by your GP, School, professional, or you might want to refer yourself.

CAMHS are here to help you with a range of different emotional and psychological difficulties. We are a multidisciplinary service, meaning that we include different professionals such as Psychologists, Occupational Therapists, Psychiatrists, Art Therapists, Nurses and Youth Workers. We also have Family Therapists, who may offer some support sessions with you and your family, which can help you all to understand each other's experiences.

CHILDREN AND ADOLESCENCE MENTAL HEALTH SERVICES EATING DISORDER SERVICE

 www.eatingdisorders.mpft.nhs.uk/children-and-young-people
 0300 123 0997

 Self referral available via website

The Children and Adolescence Mental Health Service Eating Disorder Service is a specialist multidisciplinary service based within South Staffordshire. They provide assessment and evidence based treatment for children and adolescents aged 8-18 years who have eating disorders such as anorexia nervosa and bulimia nervosa.

The team include a range of professionals such as medical, nursing, dietetic, art psychotherapy and family therapy.

We accept referrals for young people registered with a South Staffordshire GP.

CHILDREN'S LEARNING DISABILITIES SERVICE

 www.camhs.mpft.nhs.uk/south-staffordshire/our-services
 0300 790 7000
 Self referral available via website
 childrensld.team@nhs.net

The Children's Learning Disability Team provides specialist mental health support to children and people with moderate to severe learning disabilities up to the age of 18.

They are a multidisciplinary service, including a range of different professionals that can coordinate their different backgrounds together to offer a range of therapeutic interventions. Our service employs the principles of Positive Behaviour Support to make sure the care provided is based on inclusion, choice, participation and equal opportunity. We work closely with other local agencies and are able to visit children in their home, school and other local provisions.

Referrals may be received by GPs, schools, social workers and families.

INTENSIVE OUTREACH TEAM

 www.camhs.mpft.nhs.uk/south-staffordshire/our-services
 01543 441441
 Self referral available via website

We are a small mental health team within CAMHS and aim to provide home based interventions and treatment as an alternative to hospital admission.

We work in partnership with children, young people, families and carers to assess, plan and implement therapeutic interventions to promote recovery in their community.

We may also remain a community contact for young people who require admission to inpatient beds, and to facilitate their early discharge from hospital.

**NHS**

Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

YOUNG PEOPLE'S

MENTAL HEALTH

CRISIS SUPPORT

& SIGNPOSTING

Internal Services

MENTAL HEALTH SUPPORT TEAMS

 www.camhs.mpft.nhs.uk/south-staffordshire

 Burton & Uttoxeter: 01283 504487

Cannock & Stafford: 07929846820

 Burton & Uttoxeter: MHSTinSchools@mpft.nhs.uk

Cannock: mhst.cannock@mpft.nhs.uk

Stafford: MHSTstafford@mpft.nhs.uk

 Self referral available via website

The Mental Health Support Teams offer early intervention support for children and young people.

They are currently located in Burton, Uttoxeter, Cannock and Stafford, with the plan of further teams being set up in Lichfield and Tamworth.

They support children and young people with emerging, mild or moderate mental health difficulties that may be affecting day to day life. Depending on the age of the child or young person, we may work either directly with them or with their parents. We also work with school staff and offer support on different levels with the aim of developing and supporting a whole school approach to mental health.

We support children and young people presenting with mild to moderate mental health difficulties, such as:

- Low Mood
- Separation Anxiety
- Panic
- Phobias
- Worry
- Sleep issues
- Stress



We offer tailored support with a focus on prevention and early intervention:


- 6 to 8 sessions of guided self-help support, and use evidence-based, low intensity interventions based on Cognitive Behavioural Therapy skills
- Parenting support
- Whole class education and assemblies
- Training and workshops for schools and parents
- Consultations to schools on mental health and wellbeing
- School Staff wellbeing support


AREAS THESE SERVICES COVER



CHILDREN AND YOUNG PERSON'S AUTISM SERVICES

 www.camhs.mpft.nhs.uk/south-staffordshire/our-services

 0300 303 0691


 Self referral available via website


We are the specialist Autism service for South Staffordshire. We are here to assess and offer support to you and your family. If you are aged between 0-19 years old (up to 25 if you have an Education, Health and Care Plan (EHCP)) and have a diagnosis or a working diagnosis of an Autistic Spectrum Condition (ASC), then you and your family can access help and support through us. We can try to help you with any problems and difficulties you might have related to your autism.

SERVICES IN YOUR AREA

CHILDREN AND ADOLESCENCE MENTAL HEALTH SERVICE EARLY YEARS

 www.camhs.mpft.nhs.uk/south-staffordshire/our-services

 01785 221665

 Self referral available via website

The CAMHS Early Years' Service provides young children and their families support when a child is experiencing emotional or behavioural problems.


The children we work with tend to be before they have started school, but we may carry on supporting your child once they start school if it is still required.

Our involvement tends to take place when other forms of support are not enough alone or when the problem is particularly difficult. The difficult may include the presenting relationship between the parent and the child.



PAEDIATRIC PSYCHOLOGY

 www.camhs.mpft.nhs.uk/south-staffordshire/our-services

 01785 221 665

 Self referral available via website

The Paediatric Psychology Team only works with young people who are experiencing distress related to their physical health. We see children and young people with a variety of health problems and/or life limiting conditions. This includes adjusting to a new diagnosis, coping with treatments or invasive procedures, managing pain or fatigue or dealing with the family impact of physical health.