

10 tips for teachers on what to include in a good CAMHS referral

Pre referral

1, It is important that you meet/discuss with parent carer your concern and reason for referral to CAMHS. Discuss their concerns, gain their agreement for referral

Basic Information to include

2, Name, D.O.B, who has parental responsibility? G.P .details, who lives at home

3, Any previous contact with CAMHS? Who else is professionally involved, what is their role?

The size of the problem

4, What are the specific difficulties? How long has this been a problem? Why seeking help now?

Context of problem

5, Is the problem at home and at school? what have you tried so far? For how long? Has anything helped?

Recent change

6, Record any recent changes at school or home i.e. friendship issues, change of teacher. At home i.e. parental separation, bereavement.

7, Any identified or suspected developmental factors, refer to other assessments by professionals.

8, Is the child on the Child Protection register? Any involvement from Social Services?

9, Include all risk factors, either what's happened to date, or what you fear may happen and why?

Good communication

10, Remember – you can call CAMHS pre referral, while waiting for response or to clarify your role in the assessment and treatment process- you have an important role and have essential information. You are the advocate for the young person.