

This guide will assist professionals in understanding the services that are available to children and young people in Whitby, Scarborough and Ryedale presenting with difficulties related to emotional health.



Working collaboratively we offer a graduated response to ensure early identification and intervention. Children with the most severe difficulties should receive support from specialist services in a timely manner and most children will receive support from community based services at school or in their home.

You can help make this happen – by obtaining upfront consent from families at the earliest opportunity and explaining the partnership approach we can reduce the need for families to face delays whilst we re-seek consent and deliver an effective “no wrong door” approach.

Please talk to a colleague in any of the services listed overleaf if you need advice or information at the point of referral.

By working in partnership we can ensure that input is relative to the presenting need.

As needs escalate or decrease families will move smoothly between services without the need for re-telling their stories.

North Yorkshire County Council – Early Help

Early Help provides support when need is identified at any point in a child's life. The purpose of Early Help is to enable families to build on strengths, promote resilience to sustain positive changes. It includes universal and targeted services that are designed to prevent and reduce problems from escalating.

Access Point – Early Help

Referrals must include consent. Details on how to refer can be found at www.safeguardingchildren.co.uk/referral-process
Telephone: 01609 780780

Healthy Child Team (HCT) 5-19, Harrogate and District NHS Foundation Trust

A service available to **all** in school, college, specialist provision or home educated.

The healthy child offer includes:

- Adjusting to life circumstances, with mild or temporary difficulties, where the best intervention is in the community including promoting self-support and building resilience using a whole family approach.
- Short term input around low self-esteem, emerging anxiety and low mood using evidence based interventions on a 1-2-1 basis
- Assessments around emotional distress including self-harm behaviours to establish the level of severity. Self-harm assessed as low risk will be supported and higher levels of severity will be signposted to more appropriate services.

Access Point HCT – details on how to refer can be found at www.hdft.nhs.uk/services/childrens-services/5-19-ny
Telephone: 01609 780780

Compass REACH – aged 9 – 19 years (up to 25 with SEND) only

Compass REACH is a **nurse led** service that delivers evidence-based psychosocial interventions:

- Providing specialist interventions in relation to substance/alcohol misuse
- Providing early help and prevention work in relation to **emotional wellbeing and mental health** issues such as anxiety, low mood and self-harming behaviours

Compass BUZZ – aged 5-18 (up to 25 with SEND) is a free school referral based emotional wellbeing project which supports the whole school workforce to increase skills and confidence through training. Compass BUZZ Wellbeing Workers can co-facilitate one-to-one/group work sessions with pupils alongside a member of school staff.

Compass BUZZ run a messaging service called BUZZ US that young people aged 11-18 can text anonymously.

Access Point Compass –

Referrals must include a young person's informed consent. To discuss a referral please contact us
NYRBS@compass-uk.org
Telephone: 01609 777662
Freephone: 0800 008 7452

Access point 'BUZZ US' is available 9am–5pm Mon–Thurs, 9am–4.30pm Fridays on **07520 631168**.

To find out more about Compass BUZZ call **01609 777662**.

Specialist Child and Adolescent Mental Health Services

Specialist CAMHS offer includes:

- Supporting moderate to severe emotional/mental health issues that are significantly affecting daily life despite other interventions

- Specialist CAMHS care pathways include; Emotional pathway, including moderate/severe depression, anxiety, Post-Traumatic Stress Disorder, obsessive compulsive disorder; moderate/severe self-harm; Eating Disorders, including anorexia/bulimia; Attention Deficit Hyperactivity Disorder (ADHD); Other complex mental health presentations, including psychosis, personality difficulties; co-morbidity mental health issues including where these occur in Children & Young People (CYP) with neurodevelopmental conditions
- Difficulties that are of high risk/severity (e.g. self-harm; deterioration in self-care; significant family distress, non-school attendance as a result of mental health difficulties; severe social withdrawal)
- Evidence of complex neurodevelopmental difficulties e.g. Attention Deficit Hyperactivity Disorder (ADHD) or other that may require a multi-disciplinary assessment (CAMHS are not commissioned to undertake autism assessments)

Access point CAMHS –

Children, young people and families can self-refer.

For all ROUTINE referrals in Scarborough, Whitby and Ryedale please contact CAMHS Single Point of Access on **03000 134778** (Mon–Fri 9am–5pm) for advice and referral form. If the situation is URGENT then direct call to locality teams (Mon–Fri 9am–4pm) and request to speak with duty worker: - Scarborough/Whitby/Ryedale – **01723 346000**

Out of hours emergencies – Crisis Service

If resident in Scarborough and Ryedale call **01723 346502**, 7 days a week, 10am–10pm

If resident in Whitby call **01723 346502**, 7 days a week, 24 hours.