

September 2024

SNHS.CAMHS-General@nhs.net

Launch of Portsmouth Child and Adolescent Mental Health Service (CAMHS) Self-Referral

Portsmouth CAMHS continues to work hard to ensure the service we deliver is high quality, accessible and responsive to children, young people, and their families. As part of our vision to achieve better mental health for children, the self-referral process is now live.

Professionals involved with a family.

Please be aware that the introduction of self-referral is not to replace the current referral process. Professionals involved with families where CAMHS support is needed are still expected to continue to complete a referral alongside the child and family.

If you would like to discuss a child or young person, please contact us on 0300 123 6632.

What is a self-referral?

A self-referral means that you, as a child or young person, or as a parent/guardian, can ask CAMHS for support directly rather than requiring a referral from a GP or another professional.

Before you complete a self-referral

Before completing a self-referral, it is important to understand the services CAMHS offer and whether your needs, or the needs of your child, would be best met by those services at this time.

How do you make a self-referral?

If you think that your needs, or the needs of your child or young person, would be best met by CAMHS, please download and complete a self-referral form using the link at [Child and Adolescent Mental Health \(CAMHS\) Portsmouth | Solent NHS](#).

Once you have completed the self-referral form, please return following the guidance on the form to the Portsmouth CAMHS team.



Solent NHS Trust are proud to be an organisation that promotes and supports clinical research, while maintaining confidentiality. If we carry out a study that we think you might be interested in, we would like to be able to let you know about it. If you would rather that we didn't contact you, please let your clinician know.



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What happens once you have completed a self-referral?

Once your self-referral has been received by Portsmouth CAMHS, the information will be reviewed by the clinical team. We aim to do this within three working days of receipt. You will be contacted either by telephone or post about the next steps or for more information related to you, your child or young person's mental health needs.

Contacting us

If you are unsure about whether you, your child or young person would benefit from CAMHS support, or you have sent a self-referral and yet to hear back from us, please contact the team on 0300 123 6632.

If you are concerned about a child or young persons' safety, please contact 111 in the first instance, and 999 in an emergency.

Yours sincerely,

Portsmouth CAMHS Team



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