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Options4CYP

Thriving • Getting Advice • Getting Help • Getting More Help • Getting Risk Support

Children and Young People's Mental Health Services



Before making a referral into our Options4CYP Single Point of Access (SPoA), please consider:

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How the school environment, via a Whole School Approach to emotional wellbeing, can be used to offer support to the child/young person

How pastoral support within school can be used to support to the child/young person

Discussing the needs of the child/young person with our PMHWs or, if you are from a secondary, special, appropriate provision or sixth form/college setting, with a member of staff from our MHST

Discussing the needs of the child/young person with your link advisor from Blackpool's SEND Support Team.

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple steps that may help maintain and improve your well-being. Try to build these into your daily life – think of them as your 'five a day' for wellbeing.
How the 5 Ways to Wellbeing to the child/young person scan the QR code

Encouraging the child, young person and their family to access one of our PMHW drop ins - run weekly at venues across Blackpool. Find out more about our PMHW drop-ins here - https://www.bfwh.nhs.uk/childrens/our-community-services/camhs/

If all of the above have been completed, please contact our PMHWs (please scan QR code above) who will support you to make a referral to our Options4CYP Single Point of Access (SPoA). Referrals are screened by a multi-disciplinary team every morning, Monday – Friday, and may be allocated within Options4CYP or signposted to other community services.

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Children and Young People's Primary Mental Health Service

Blackpool PMHWs

Primary Mental Health Workers (PMHW) Blackpool, are a point of contact within the CYP Primary Mental Health Service. Offering support and advice regarding the emotional wellbeing of children and young people (CYP) at an early stage when difficulties first arise. PMHWs link with many community settings to help promote positive wellbeing, to raise the importance of young people's mental health and provide appropriate guidance in accessing the correct services to support young people's mental health.

They can offer advice on referrals, implement pathways of support and provide information about other services available to children and young people.
up to 18 years old

SHINE

SHINE (Fylde Coast Mental Health Support Team) supports good emotion wellbeing and mental health, for children and young people aged 11 -18 years, in secondary schools, special schools, appropriate provision settings and colleges across Blackpool, Fylde and Wyre.

- School Based
- EMHP offer low intensity interventions and can support early intervention for:
- Low mood: sadness, low motivation.
- Difficulty adjusting to change and transition.
- We provide low-intensity CBT either one-to-one or in a group

Referrals are accepted from the education settings. You can also self-refer by telephone.

Blackpool CYWPs

Children and Young People's Wellbeing Practitioners (CYWPs) play a key role in providing early mental health and wellbeing support for children and young people in community settings and are part of the Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT).

- Community Based across Blackpool
- CYWP offer low intensity interventions and can support early intervention for:
- Low mood: sadness, low motivation.
- Difficulty adjusting to change and transition.
- We provide low-intensity CBT either one-to-one or in a group
- children and young people aged 11 -18 years

Children and Young Persons Learning Disability and Neuro Team

Blackpool Children and Young Persons Learning Disability & Neuro Team are specialist service who support children, young people who have diagnosed moderate to severe learning disabilities up to the age of 18; this is usually based on a variety of health issues.

The ADHD Team will then review these in the weekly ADHD screening meetings. From the 13th May – ADHD referrals will not being going to CAMHS referral screening meetings unless there are also concerns in relation to mental health.

The team offers a drop-in service open to all at Aiming Higher every Friday morning between 9:30 - 11:30am.

YoutherapY

YoutherapY offers assessment and a range of talking therapies. For young people aged 11 -25 across Blackpool, Fylde and Wyre. The team includes a resilience counsellor. YoutherapY offers face-to-face, telephone and video appointments at their base in Blackpool and in a variety of community venues. YoutherapY also offers a weekly drop-in service where no appointment is necessary.

Youtherapy offer a drop-in every Wednesday afternoon, 3pm - 5pm at Connect.

Child and Adolescent Mental Health Service

Blackpool Child and Adolescent Mental Health Service (CAMHS) is a is a specialist mental health service that offers comprehensive specialist mental health assessments and interventions for children and young people under 18 with moderate to severe mental health issues. .Blackpool CAMHS Duty :Children and Young People aged under 16 (Attending Paediatric departments) Referrals to Blackpool CAMHS Duty Team to be made via Single Point of Access (SPoA), before 3:30pm (Monday to Friday, excluding weekends and bank holidays).

Urgent A & E attendance after 3:30pm, weekends and bank holidays to be referred to CASHER

Child and Adolescent Support and Help Enhanced Response Team (CASHER)

CASHER is our Child and Adolescent Support & Help Enhanced Response Team and provides access to comprehensive psychosocial assessments, including risk assessment, joint assessment (where appropriate, and formulation of an agreed plan for children and young people up to 18 years of age (25 years of age for children and young people with additional needs), who attend A & E at Blackpool Victoria Hospital or who have been admitted to the paediatric ward (registered with a Blackpool or Fylde and Wyre GP).

CASHER operates outside of normal office hours - Monday – Friday 5pm - 10pm and Saturday – Sunday 10am - 10pm.

Response and Intensive Support (RAIS)

The Response and Intensive Support (RAIS) Team supports young people, who are already in contact with one of our other Options4CYP services, but need immediate support with their mental health.
The majority of the young people supported by RAIS are high risk and benefit from the flexible Intensive Community Support offered by the team.

This is a short-term intervention, usually for no longer than 2 weeks, for young people with care handed over once support from other services is in place.
Available to children and young people. up to 18 years old

We now have one single freephone number for all Options4CYP services:
0800 121 7762
Option 0 - Options4CYP Single Point of Access (SPoA)
Option 1 - Blackpool CAMHS (including Blackpool Duty, 9-5pm)
Option 2 - CASHER or RAIS
Option 3 - YoutherapY
Option 4 - CYP Primary Mental Health Service (Blackpool PMHWs, Blackpool CYWPs, SHINE Fylde Coast MHST)

Children, young people and parents/carers can also make a self-referral to our Options4CYP SPoA via our website https://www.blackpoolteachinghospitals.nhs.uk/services/childrens-and-young-peoples-mh-services/blackpool-options4cyp-self-referral

Did You Know?

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We now have one single freephone number for all Options4CYP services:

0800 121 7762

Option 0 - Options4CYP Single Point of Access (SPoA) - if you need further information about your referral, please contact our SPoA.
Option 1 - Blackpool CAMHS, Blackpool Duty 9-5pm
Option 2 - CASHER or RAIS
Option 3 - YoutherapY
Option 4 - CYP Primary Mental Health Team (Blackpool PMHW, Blackpool CYWP, SHINE Fylde Coast MHST)

You can find out more about our services on our website https://www.blackpoolteachinghospitals.nhs.uk/services/childrens-and-young-peoples-mh-services

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There are other helplines, text and web-based support if someone is finding it hard to cope. You can get for 24 hr advice to support young people, their parent/carer or someone they care for.



The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK.
Text YM to 85258

kooth

Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25
www.kooth.com



NHS 111 Press 2 is an urgent service offering assessment and signposting advice for anyone experiencing a mental health crisis, or requiring support to manage their symptoms.



Whatever you're going through, a Samaritan will face it with you.
24 hours a day, 365 days a year.
Call 116 123 for free

ChildLine
0800 1111

Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.
Ring: 0800 111
Visit:www.childline.org.uk

PAPYRUS

HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide.
Call: 0800 068 4141
Text: 07860 039 967