**BSCP Self Harm Guidance CAMHS Referral Information**

What is CAMHS?

**CAMHS** stands for **Child and Adolescent Mental Health Service**.

[Oxford Health CAMHS All about CAMHS | Oxford Health CAMHS](https://www.oxfordhealth.nhs.uk/camhs/about/)

CAMHS help children and young people up to 18 who are finding it hard to cope with everyday life because of difficult feelings, behaviour or relationships

**What can CAMHS do?**

We can work with you in a range of different ways to suit childrens needs.

These are some of the ways we can work

* Cognitive Behavioural Therapy (CBT)
* Dialectical Behavioural Therapy (DBT)
* Family Therapy
* Psychotherapy
* Solution Focussed Practice

[Oxford Health CAMHS Make a referral | Oxford Health CAMHS](https://www.oxfordhealth.nhs.uk/camhs/support/referral/)

[Under 16s](https://www.oxfordhealth.nhs.uk/camhs/support/referral/)

Professional referral required – Complete on line referral form or call CAMHS Single point of Access (SPA) on 01865 901951

[Oxford Health CAMHS Make a referral | Oxford Health CAMHS](https://www.oxfordhealth.nhs.uk/camhs/support/referral/)

[16 - 17 year olds](https://www.oxfordhealth.nhs.uk/camhs/support/referral/)

Self referral or professional referral can be made.

For Self referrasl call Sinlge point of Access (SPA) on 01865 901951 or out of Hours Mental Health Helpline on 111

[Oxford Health CAMHS Make a referral | Oxford Health CAMHS](https://www.oxfordhealth.nhs.uk/camhs/support/referral/)

**Emergency referrals are when a child is in immediate danger to themsleves or others;**

If it’s an emergency, phone 999.

If it’s not a 999 emergency, you can dial 111 if you need help fast.

We will see the child within 4 hours of you being medically fit. This could in A&E or the GP surgery.

Referrer should call CAMHS SPA straight away 01865 901951 between 8am-6pm or through the out of hour’s service at other times **01865 901000** .

**Urgent referrals are seen within 7 days.** This is the child needs to be seen very quickly but not as an emergency.

Standard referrals are the way most children and young people get help from CAMHS.