Either school or GP can refer a young person to CAMHs for assessment.

However, the referral requires input from both GP and school.

Either agency can begin the referral but it cannot be submitted to CAMHS until such time as both agencies have added their input.

The expectation is that once the process is begun, the parent/carer takes it to the other agency for completion who will then send it to CAMHS.

If CAMHs receive it and one of the agencies has not completed it, then it will be sent back to the referrer.

Built into the referral process is an expectation that parents/carer have tried to take action themselves prior to a referral being made.

---

### Emotional Wellbeing and Mental Health Interventions

for Parents/Carers and Families to access:

Services providing help and support for behaviour and emotional wellbeing within Surrey can be found here, and a select few are listed below:

[www.surreylocaloffer.org.uk/helpandsupportweb](http://www.surreylocaloffer.org.uk/helpandsupportweb)

---

### Family Support Services

offer emotional wellbeing and mental health information, advice, wellbeing assessments and local support

- **Runnymede** - Addlestone Youth Centre, Church Road, Addlestone KT15 1SH Wednesday: 5pm - 7pm
- **Surrey Heath** - Old Dean Youth Centre, Kingston Rd, Camberley GU15 4AF Wednesday: 3.30pm - 6pm
- **Frimley Green Youth Centre**, Wharfenden Way, Frimley Green, Camberley GU16 6PJ Thursday: 3.30pm - 6pm
- **Woking** - Sheerwater Youth Centre, Blackmore Crescent, Woking, GU21 5NS Wed 4.30pm - 7pm
- **Elmbridge** - Molesey Youth Centre, Ray Rd, West Molesey KT8 2LG Thursday: 15:00 - 18:00
| **Young Minds Parents line** | Available to offer advice to anyone worried about a child or young person under 25 operating Mon-Fri from 9.30am to 4pm  
Tel: 0808 802 5544 |
| **CYP Havens** | Accessible, safe young person friendly places for support and advice alongside peers and supported by CAMHS staff  
Spelthorne - Leacroft Youth Centre, Raleigh Crescent Staines, TW18 4PB  
Tuesday: 16.00-20.30 Saturday: 12.00-18.00  
www.sabp.nhs.uk/our-services/mental-health/safe-havens/SafeHaven |
| **kooth.com** | On line counselling support/peer support and self-help/psych educational material |
| **Family Lives** | Parenting advice re: anger management, parenting support etc.  
http://www.familiylives.org.uk |
| **MindShift™** | An app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety.  
http://www.anxietybc.com/resources/mindshift-app |
| **Online resources re: anxiety for a range of ages** | www.getselfhelp.co.uk |
| **CRUSE** | National charity that offer specialist support via telephone and e mail and have a specific programme called RD4U which is aimed at helping young people who are affected by the loss of someone close. Face-to-face, tel, email and website support  
Tel. 01932 571177  
http://www.cruse.org.uk/ |
| **Jigsaw4U** | Group and individual support for children and families re: supporting challenging behaviour up to and including Year 7 (11 year olds)  
Tel. 0208 6871384 |
| **Relate** | 1) offer family counselling and online parenting support (means tested) - If problem appears to be related to family relationships.  
2) offer youth counselling (10-18 year olds) Tel: 01483 715285  
http://www.relate.org.uk |
### OCD Action
Helpline and online support for people affecting by OCD and seeking support

http://www.ocdaction.org.uk/

Tel: 0845 390 6232

### Calm Harm
Provides tasks to help you resist or manage the urge to self-harm. The app then provides you with four categories of tasks to help you surf the urge.

- ‘Distract’ helps in learning self-control;
- ‘Comfort’ helps you care rather than harm;
- ‘Express yourself’ gets those feelings out in a different way and
- ‘Release’ provides safe alternatives to self-injury.

http://calmharm.co.uk

### TESS (Telephone and email support for self-harm)
Provide support for girls and young women up to the age of 25 who are engaging in self-harm behaviour. They provide email and txt support and more information can be found on:

http://www.selfinjurysupport.org.uk/tess-text-and-email-supportservice

### Parenting puzzle - course for parents of those up to 12 years old
http://www.bucklandchildrenscentre.com/parentingpuzzle

### Living with Teenagers Parenting course
The Lantern Family Centre, 4 Dowlans Road, Bookham, Leatherhead, KT23 4LE

Info found in the Surrey Family Information Directory

https://familyinformationdirectory.surreycc.gov.uk/kb5/surrey/fsd/service.page?id=eHA2aBwvUvk

### Cygnet Programme
Cygnet is a parenting programme for parents of children and young people aged 5-19 with a diagnosis of autism.

The course is designed to help parents develop their knowledge on how a child on the autistic spectrum experiences the world and to guide parents through practical strategies they can use with their children.

The programme is delivered by the SEND Teaching School, based at Linden Bridge School in Worcester Park.

02083303009 ext 211
TSAdmin@west-hill.surrey.sch.uk
family.sendteachingschool.co.uk/

### Parents & Challenging
The PACT programme offers advice and support to help improve family life. The content is designed to give everyone in the family new strategies and ways to reach agreement.
| **Teenagers (PACT) Course** | 8 week course for 11 - 18 year olds. Flexible days, times to suit parents’ needs.  
**Referral only via Surrey Family Services**  
Quadrant Court, 35 Guildford Rd, Woking GU22 7QQ Tel. 01483 517000 |
|-----------------------------|-------------------------------------------------------------------------------------------------|
| **Talking Teens Parenting Course in Sunbury** | A four session course for parents of 11 to 18 year olds. Parenting teenagers can be stressful and challenging. This course will tackle some of these challenges and help you understand your teenager better so you can have a calmer, happier family life.  
Sunbury Youth Centre, Bryony Way, Off Beechwood Avenue, Sunbury-on-Thames, TW16 7QL |
| **Parents Meet drop in - We're Talking Teens** | No Pressure, No expectations, No judgements. Join us for a coffee/ tea and an informal chat. Thursdays 7pm to 8pm. Sessions will cover - internet safety, domestic abuse, drug misuse, healthy and unhealthy relationships, emotional wellbeing and the chance to explore other relevant topics. **Read more**  
Addlestone Youth Centre Church Road AddlestoneKT15 1SH Tel. 07805 741237 |
| **Talking Teens Parent Group - autism/challenging behaviour** | A series of four group sessions for parents and carers of Teens and pre-Teens. Talking Teens is a generic programme, but this group will be run just for parents of children with autism or other challenging behaviour to help understand what is 'normal' for teenagers…  
Cromwell Centre, St John's Drive, Walton on Thames, KT12 3NH Tel. 07955 351052 |
| **Parenting puzzle - course for parents of those up to 12 years old** | **http://www.bucklandchildrenscentre.com/parentingpuzzle** |
| **Cygnet Programme** | Cygnet is a parenting programme for parents of children and young people aged 5-19 with a diagnosis of autism.  
The course is designed to help parents develop their knowledge on how a child on the autistic spectrum experiences the world and to guide parents through practical strategies they can use with their children.  
The programme is delivered by the SEND Teaching School, based at Linden Bridge School in Worcester Park.  
02083303009 ext 211  
TSAdmin@west-hill.surrey.sch.uk  
family.sendteachingschool.co.uk/ |
123 Magic is a behavioural management programme for parents and carers of young children up to 12 years old. This course can be particularly useful for parenting children who have ADHD. Some schools and Children’s Centres in Surrey run the 123 Magic course throughout the year.

You can speak to your local centre to find out if and when they will next be running the course, or you can contact ADDISS for more information on local facilitators.

Tel: 020 8952 2800
http://info@addiss.co.uk
http://www.addiss.co.uk/.../index.html