

West London CAMHS Crisis Services:



CAMHS Alliance:

When are you open?

Open Monday to Friday from 9am to 5pm for home treatment and intensive support.

Support to West Middlesex University Hospital for children and young persons presenting in a mental health crisis 24/7.

Intensive crisis support and home treatment

Who do you see?

We work with children and young people who live in the London Boroughs of Ealing, Hammersmith and Fulham, Hounslow, who are going through a mental health crisis.

We can see people who:

- Have been seen in a General Hospital or Accident and Emergency (A&E) Department, due to severe mental health problems.
- Are open to a West London Child and Adolescent Mental Health Service (CAMHS), but the support they are being offered, is not enough to manage the crisis.
- Are in a Specialist Psychiatric Hospital, to help them safely return back to the Community.

What do you do?

We can offer an assessment to get an understanding of what you are struggling with and where possible, try to create a plan to make you feel safe, and more supported in your home.

We offer short-term crisis support; if we identify problems that require longer-term help, we will talk through what services we would recommend with you, before referring to that team. This can range from asking you getting extra support from your School, a Charity, Social Care or a Mental Health Service.

Even though you may be struggling with your mental health, we can work with the people around you. We try to help everyone to learn together, to help reduce the chance of these problems happening again.

Where the crisis cannot be managed safely in the Community, we can help with the admission to a Mental Health Hospital and will continue to maintain contact during the admission, so we can help support your safe return, in the shortest time possible.

How do I get help if I am struggling?

Please speak to someone you are comfortable talking to; this could be a friend, family or a professional in your life. This can be a difficult thing to do, but sometimes sharing, can be the first step to getting better.

If you are not getting any support, please arrange a review with your GP. Your GP can speak to you, to talk through your options, which can include referring you to CAMHS.

If you are open to a service which helps, please speak to your regular workers; For example, if you are open to CAMHS, you could try to speak to your regular worker or their team's Duty Worker.

BUT - If you need immediate help:

- If it's an emergency and someone's life is at risk, please contact emergency services on 999.
- If there are safeguarding concerns, please call your local Children's Social Care Service.
- If the risk is contained and there is a health-related concern, please attend your local A&E

You will not be able to self-refer for CAMHS Alliance help, however if you are being seen by the above professionals, they maybe able to refer, if needed.

24/7 West Middlesex University Hospital Support

What do you do?

We aim to:

- Assess and offer guidance about children and young people who attend West Middlesex University Hospital (A&E Department and Children's Ward), in a mental health crisis.
- Offer support if a young person is in an adult mental health setting or detained in a place of safety.
- Provide advice and guidance to other mental health workers who are working with children and young people such as GPs, police and social care emergency duty teams outside of the helpline hours of operation.

Where are you based?

- Monday to Friday 9am-5pm: CAMHS Alliance Hub
- Monday to Friday 4:30pm-9am and 24 hours over weekends, we work from Lakeside mental health unit, which is close to West Middlesex University Hospital.

This offers access to a 24 hour, 7 days a week access to a specialist CAMHS worker, who will be able to support children and young people, to ensure that they are given personalised, considered guidance when needed in a mental health crisis.