

#### For Schools only – please complete the following;

CPOMS checked	Ye	es	N	0
Relevant information from CPOMS:				
Please ask the young person and circle any identified risks:	Self- harm thoughts	Self- harm actions	Suicidal thoughts	Suicidal plans

If you feel a one-off drop-in does not adequately meet the needs of the young person, you should gain theirs and their parent/carer's consent to complete either;

- A consultation request into the MHST.
- A Full professionals referral to SPOE

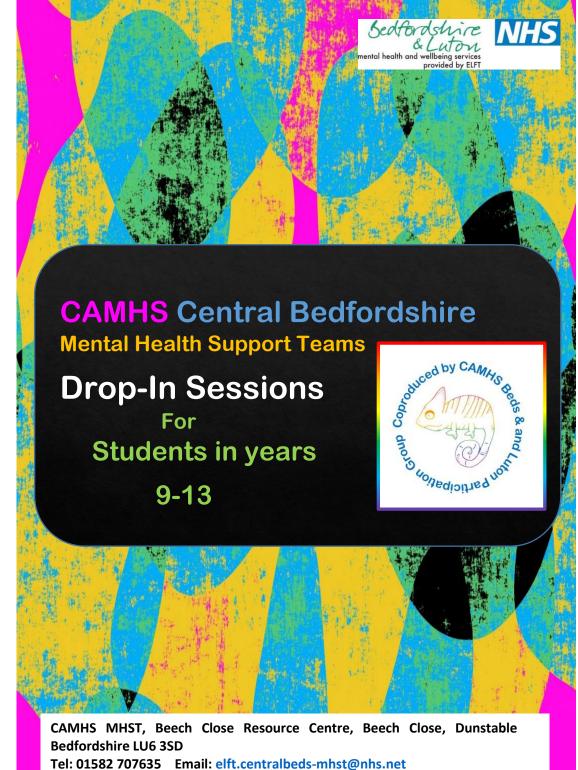
Suitable for MHST Drop-in	Yes	No
If no, discuss full referral with YP	Yes	No

Once the referral is completed, schools must send to:

elft.centralbeds-mhst@nhs.net

CAMHS MHST, Beech Close Resource Centre, Beech Close, Dunstable Bedfordshire LU6 3SD

Tel: 01582 707635 Email: elft.centralbeds-mhst@nhs.net



## What is the drop-in for?

The drop in sessions offer a quick way for young people to get help for any mental health problems they are experiencing. The session will last for 30-40 minutes and we will give you practical advice or resources to help you manage the difficulty.

# What can be discussed at the drop-in?

Anything that impacts on your wellbeing! Some examples are below;

- Experiencing highs and lows in your mood
- Lack of motivation, stress, worry or symptoms of anxiety
- Body image issues
- Friendships
- Bullying
- A concern you have for someone else
- Something else that affects you.

After your session, we will provide you with a letter of what we discussed and a copy of the resources that can help you.

If you would like to consider further support after the drop-in, we will discuss options for follow-up assessments (this may include contacting parents/carers for further information).

## Who can use the drop in?

Below is our criteria for all students in years 9-13. However, there are some students where a drop-in is not suitable;

- If you are currently open to CAMHS, CHUMS or other external mental health services.
- If you need more urgent help because you cannot keep yourself safe and plan to seriously hurt yourself.

If any of the above points apply to you, we would encourage you to contact your current allocated worker. For more non-urgent support you can text **SHOUT on 85258** free and for urgent help and advice, you can contact **NHS 111 and press Option 2** for mental health crisis support.

## Are these drop-ins confidential?

Where we are worried about your safety or for someone else's safety, we may have to contact the appropriate service or your parents/carers so we can keep you all safe, but we will work with you to discuss what we share and who with.

#### How can I book in a drop-in session?

Fill in the form below and hand this to your school's pastoral support team.	You will
pe contacted to arrange an appointment date and time.	

First name:	Surname:		
Preferred name:	DOB:	Year Group:	
Preferred Pronouns	Ethnicity:		
Home address:			
Postcode:	Contact number		

Are you currently open to CAMHS, CHUMS or other mental health services? Yes/No

#### Please circle the advice you are seeking from the drop in;

Worry	Anxiet	y Low in mood	В	ullying	Stress	
Friendship is	ssues	Panic	Low-self-e	esteem	Self-harm	
Negative thoughts		Body image	Body image issues		Concerns for a friend	
Something else (please help us understand):						

Please circle how you would like to attend your session? Face to Face/Virtual

**Do you need urgent help for your mental health?** Yes/No If you have answered 'yes':

NHS 111 and choose option 2 for mental health crisis support.

Visit <u>Young Person's Sanctuary</u> – A safe, non-judgemental and relaxed space at these venues;

- Meadow Way Community Centre, Leighton Buzzard, LU7 3FS, Weds Fri,
  4pm 10pm
- Houghton Regis Children's Centre, Tithe Farm, Neighbourhood centre,
  Tithe Farm Road, Dunstable, LU 5 5JB, Mon Tues, 4pm 10pm
- Sandy Children's centre, Laburnam Road, Sandy,SG19 1HQ, Sat Sun, 4pm
   10pm