

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

CPOMS checked	Yes	No
Relevant information from CPOMS:		
Please ask the young person and circle any identified risks:	Self-harm thoughts	Self-harm actions
	Suicidal thoughts	Suicidal plans
<p>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;</p> <ul style="list-style-type: none"> <li>• A consultation request into the MHST.</li> <li>• A Full professionals referral to SPOE</li> </ul>		
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](mailto: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](mailto:elft.centralbeds-mhst@nhs.net)

**CAMHS Central Bedfordshire**  
**Mental Health Support Teams**

**Drop-In Sessions**  
**For**  
**Students in years**  
**9-13**



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

Tel: 01582 707635 Email: [elft.centralbeds-mhst@nhs.net](mailto: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 be 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	Anxiety	Low in mood	Bullying	Stress
Friendship issues	Panic	Low-self-esteem	Self-harm	
Negative thoughts	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 Young Person's Sanctuary – 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**