

harmLESS – CAMHS referral plan

Young person's name:

Date:

- **You agree** for me to contact CAMHS and ask them to contact you
- I will **let your parent/carer know** how you are feeling

These are some things that could help you to keep safe

If you were worried about yourself you could talk with

- Friend
- Adult
- Professional

If you were very worried about your safety or had hurt yourself

- Talk with your GP
- Go to the Accident and Emergency Department
- After 5.00 or at weekends phone the CAMHS helpline 0800 023 2133

If you are feeling that you might hurt yourself these things might **help you to ride out this feeling**

- Distracting activities (e.g. music, gaming, reading),
- Mood lifting activities (e.g. watch comedy, play instrument, internet)
- Physical activities (e.g. walking, running, cycling, dance)
- Social activities (e.g. text or talk to friends, social media)
- Other activities (e.g. playing with pets, hobbies, cooking)

1.

2.

3.

- If you want **more information** these links might be helpful

- Information and advice about local support from "**on your mind**" (www.onyourmind.org.uk)
- Information about mental health from www.youngminds.org.uk
- Information about **CAMHS** from (<https://www.oxfordhealth.nhs.uk/camhs/>)

We will meet again to review how you are feeling on

Helpers name:

Copy for Young person, Helper, CAMHS