

harmLESS – Urgent CAMHS referral plan

Young person's name:

Date:

I will telephone CAMHS and ask them to contact you

I will let your parent/carer know how you are feeling

If you were worried about yourself you could talk with

- Friend
- Adult
- Professional

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

- Between 9.00-5.00 Monday to Friday talk with your GP
- After 5.00 or at weekends phone the CAMHS helpline 0800 023 2133
- Go to the Accident and Emergency Department
- Any time contact Childline (0800 1111 or www.childline.org.uk)

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.

Helpers name:

Copy for Young person, Helper, CAMHS

