

What makes a good CAMHS Referral?

General considerations:

- Have you met with the parent(s)/carer(s) and the referred child/children?
- Has the referral to CAMHS been discussed with the parent(s)/carer(s) and the referred child/children?

Basic information:

- Name and date of birth of referred child/children
- Address and telephone number
- Who has parental responsibility?
- Surnames if different to child's
- GP details

Reason for referral:

- What are the specific difficulties that you want CAMHS to address?
- How long has this been a problem and why is the family seeking help now?
- Is the problem situation-specific or more generalised?
- Your understanding of the problem/issues involved.
- What are the child/young person's and parent/carer's view of the referral?
- What are your anticipated outcomes?
- What are the child/young person's and parent/carer's anticipated outcomes?
- What risks are there to the young person, their family or others if this problem is not addressed.

Further helpful information:

- Who else is living at home and details of separated parents if appropriate?
- Name of school
- Who else has been or is professionally involved and in what capacity?
- Has there been any previous contact with our service?
- Has there been any previous contact with social services?
- Details of any known protective factors
- Any relevant history i.e. family, life events and/or developmental factors.