

**East Ayrshire School Counselling Service**

**Procedure to follow when a Young Person is involved with CAMHS**

When supporting children and young people with their mental health and wellbeing, it is important that they receive the right support at the right time. It is also important that services work together to ensure that the young person does not have to repeat “their story” to several different people. We would recommend, where a child or young person has previously been or is currently being supported by CAMHS, that schools follow the steps below if considering putting in a RFA to the School Counselling Service . This includes any young person who is on the CAMHS waiting list.

* If you want to refer a child or young person who is involved with CAMHS, the school counselling lead should check with CAMHS first before putting in a referral to Exchange. This can be a call or email.
* If CAMHS ok this, the referral can go in but please state the child/young person is involved with CAMHS, that you have discussed it with them and name the person at CAMHS.
* If you cannot get a hold of/get a reply from CAMHS put your referral in but please state the child/young person is involved with CAMHS, that you have tried to get in touch with them but can't and name the person at CAMHS.