Specialist Child and Adolescent Mental Health Service (CAMHS)
Information for Referrers
Who is this service for?

CAMHS is a service for children, young people and families with significant, severe, complex or persistent emotional, mental health, psychological and/or relationship difficulties.

This could include:

- Anxiety/Mood disorders
- ADHD/ADD
- Self-Harm
- Eating disorders
- Obsessive Compulsive disorder
- Post traumatic Disorder
- Somatic Disorder
- Psychotic Disorders
- Mental health co-morbidities not directly related to conduct disorders (Diagnostic assessment, identification and treatment not directly related to co-morbid disorders as appropriate.)
- Mental health co-morbidities not directly related to Neuro-Developmental disorders
- Mental health co-morbidities not directly related to Learning Disabilities
- Mental health co-morbidities not directly related to Acquired Brain Injury
- Mental health co-morbidities not directly related to long term physical health conditions
- Severe behavioural problems (as part of any of the above)

CAMHS offers a service to children and young people, up to 18 years.

Where a young person is aged 17-18, they can make an informed choice to be seen by adult services, based on their wishes and on clinical appropriateness.

The child or young person should be resident in Cumbria and be registered with a GP in the locality of the relevant team i.e. Barrow & South Lakeland, Carlisle & Eden and Allerdale & Copeland – including Millom (see contact details).
Who can make a referral?

- General Practitioners
- Child and Family Social Services
- Paediatric Services
- Health Services
- Educational Services
- Third Sector Providers

CAMHS requests that all referrers complete the standard referral form and that this is sent to CAMHS for review and appropriate triage. Good quality information is critical for helping us to assess urgency and suitability of service.

If you are unsure whether or not the child or young person’s difficulties meet our criteria, please phone your local service for advice.

There is an exclusion criteria in place for this service, this is based upon ensuring that the child or young person needs are appropriately met, however if a referral is not appropriate for CAMHS we can advise on alternative services and/or signpost.

Equally, if you are concerned that a child or young person is at immediate risk of serious self-harm e.g. is actively suicidal; please phone your local team for advice.

Remember: if in doubt about a referral, please telephone the CAMHS duty worker for consultation and advice.
Contact details

CAMHS East (Carlisle & Eden)
Fairfield Centre, Carleton Clinic, Cumwhinton Drive, Carlisle CA1 3SX
Tel No: 01228 603017 Fax: 01228 602792

CAMHS West (Copeland & Allerdale - including Millom)
Hopegill Centre, 25 Banklands, Workington CA14 3EU
Tel No: 01900 705800 Fax: 01900 324201

CAMHS South (South Lakes & Furness)
Fairfield Centre, Fairfield Lane, Barrow LA13 9AJ
Tel No: 01229 402696 Fax: 01229 402722

Comments and complaints

If you have any comments, compliments or complaints please let us know. This will help us to improve our service. Contact our Patient Experience Team on 01228 602020 or email PET@cumbria.nhs.uk

Additional Information

If you would like this factsheet in another language or format, e.g. Braille, large print or audio, you can do so by contacting:

Membership and Communications Department
Voreda | Portland Place | Penrith | CA11 7QQ
T: 01228 603890 | E: communications.helpdesk@cumbria.nhs.uk,