

## SERVICES IN YOUR AREA

### CHILDREN'S AND ADOLESCENCE MENTAL HEALTH SERVICES

🌐 [www.camhs.mpft.nhs.uk/south-staffordshire](http://www.camhs.mpft.nhs.uk/south-staffordshire)  
📞 Cannock: 01543 879787 Stafford: 01785 221665  
Tamworth: 01827 51183 Burton: 01283 505820  
Lichfield: 01543 442012

👤 Self referral available via website

Child and Adolescent Mental Health Services are often referred to as CAMHS. You might be referred to CAMHS by your GP, School, professional, or you might want to refer yourself.

CAMHS are here to help you with a range of different emotional and psychological difficulties.

We are a multidisciplinary service, meaning that we include different professionals such as Psychologists, Occupational Therapists, Psychiatrists, Art Therapists, Nurses and Youth Workers. We also have Family Therapists, who may offer some support sessions with you and your family, which can help you all to understand each other's experiences.

### CHILDREN AND ADOLESCENCE MENTAL HEALTH SERVICES EATING DISORDER SERVICE

🌐 [www.eatingdisorders.mpft.nhs.uk/children-and-young-people](http://www.eatingdisorders.mpft.nhs.uk/children-and-young-people)  
📞 0300 123 0997

👤 Self referral available via website

The Children and Adolescence Mental Health Service Eating Disorder Service is a specialist multidisciplinary service based within South Staffordshire. They provide assessment and evidence based treatment for children and adolescents aged 8-18 years who have eating disorders such as anorexia nervosa and bulimia nervosa.

The team include a range of professionals such as medical, nursing, dietetic, art psychotherapy and family therapy.

We accept referrals for young people registered with a South Staffordshire GP.

### CHILDREN'S LEARNING DISABILITIES SERVICE

🌐 [www.camhs.mpft.nhs.uk/south-staffordshire/our-services](http://www.camhs.mpft.nhs.uk/south-staffordshire/our-services)

📞 0300 790 7000

👤 Self referral available via website

✉ [childrensld.team@nhs.net](mailto:childrensld.team@nhs.net)

The Children's Learning Disability Team provides specialist mental health support to children and people with moderate to severe learning disabilities up to the age of 18.

They are a multidisciplinary service, including a range of different professionals that can coordinate their different backgrounds together to offer a range of therapeutic interventions. Our service employs the principles of Positive Behaviour Support to make sure the care provided is based on inclusion, choice, participation and equal opportunity. We work closely with other local agencies and are able to visit children in their home, school and other local provisions.

Referrals may be received by GPs, schools, social workers and families.

### INTENSIVE OUTREACH TEAM

🌐 [www.camhs.mpft.nhs.uk/south-staffordshire/our-services](http://www.camhs.mpft.nhs.uk/south-staffordshire/our-services)

📞 01543 441441

👤 Self referral available via website

We are a small mental health team within CAMHS and aim to provide home based interventions and treatment as an alternative to hospital admission.

We work in partnership with children, young people, families and carers to assess, plan and implement therapeutic interventions to promote recovery in their community.

We may also remain a community contact for young people who require admission to inpatient beds, and to facilitate their early discharge from hospital.



Midlands Partnership

NHS Foundation Trust

A Keele University Teaching Trust

YOUNG PEOPLE'S

MENTAL HEALTH

CRISIS SUPPORT

& SIGNPOSTING

Internal Services

## MENTAL HEALTH SUPPORT TEAMS

- 🌐 [www.camhs.mpft.nhs.uk/south-staffordshire](http://www.camhs.mpft.nhs.uk/south-staffordshire)
- 📞 Burton & Uttoxeter: 01283 504487  
Cannock & Stafford: 07929846820
- ✉ Burton & Uttoxeter: [MHSTinSchools@mpft.nhs.uk](mailto:MHSTinSchools@mpft.nhs.uk)  
Cannock: [mhstcannock@mpft.nhs.uk](mailto:mhstcannock@mpft.nhs.uk)  
Stafford: [MHSTStafford@mpft.nhs.uk](mailto:MHSTStafford@mpft.nhs.uk)
- 👤 Self referral available via website

The Mental Health Support Teams offer early intervention support for children and young people. They are currently located in Burton, Uttoxeter, Cannock and Stafford, with the plan of further teams being set up in Lichfield and Tamworth.

They support children and young people with emerging, mild or moderate mental health difficulties that may be affecting day to day life. Depending on the age of the child or young person, we may work either directly with them or with their parents. We also work with school staff and offer support on different levels with the aim of developing and supporting a whole school approach to mental health.

We support children and young people presenting with mild to moderate mental health difficulties, such as:

- Low Mood
- Separation Anxiety
- Panic
- Phobias
- Worry
- Sleep issues
- Stress



We offer tailored support with a focus on prevention and early intervention:

- 6 to 8 sessions of guided self-help support, and use evidence-based, low intensity interventions based on Cognitive Behavioural Therapy skills
- Parenting support
- Whole class education and assemblies
- Training and workshops for schools and parents
- Consultations to schools on mental health and wellbeing
- School Staff wellbeing support

## AREAS THESE SERVICES COVER



## CHILDREN AND YOUNG PERSON'S AUTISM SERVICES

- 🌐 [www.camhs.mpft.nhs.uk/south-staffordshire/our-services](http://www.camhs.mpft.nhs.uk/south-staffordshire/our-services)
- 📞 0300 303 0691
- 👤 Self referral available via website

We are the specialist Autism service for South Staffordshire. We are here to assess and offer support to you and your family. If you are aged between 0-19 years old (up to 25 if you have an Education, Health and Care Plan (EHCP)) and have a diagnosis or a working diagnosis of an Autistic Spectrum Condition (ASC), then you and your family can access help and support through us. We can try to help you with any problems and difficulties you might have related to your autism.

## SERVICES IN YOUR AREA

### CHILDREN AND ADOLESCENCE MENTAL HEALTH SERVICE EARLY YEARS

- 🌐 [www.camhs.mpft.nhs.uk/south-staffordshire/our-services](http://www.camhs.mpft.nhs.uk/south-staffordshire/our-services)
- 📞 01785 221665
- 👤 Self referral available via website

The CAMHS Early Years' Service provides young children and their families support when a child is experiencing emotional or behavioural problems.

The children we work with tend to be before they have started school, but we may carry on supporting your child once they start school if it is still required.

Our involvement tends to take place when other forms of support are not enough alone or when the problem is particularly difficult. The difficult may include the presenting relationship between the parent and the child.



### PAEDIATRIC PSYCHOLOGY

- 🌐 [www.camhs.mpft.nhs.uk/south-staffordshire/our-services](http://www.camhs.mpft.nhs.uk/south-staffordshire/our-services)
- 📞 01785 221 665
- 👤 Self referral available via website

The Paediatric Psychology Team only works with young people who are experiencing distress related to their physical health. We see children and young people with a variety of health problems and/or life limiting conditions. This includes adjusting to a new diagnosis, coping with treatments or invasive procedures, managing pain or fatigue or dealing with the family impact of physical health.

## SERVICES IN YOUR AREA



### ACTION FOR CHILDREN

- www.staffordshire-ewb.actionforchildren.org.uk/
- 01782 977877
- StaffordshireEWB@actionforchildren.org.uk
- Self referral available via website

Emotional health and wellbeing support for children and young people aged 5-18 OR aged up to 25 years, if they are in care or have an Education and Health Care Plan (EHCP) who live in Staffordshire or registered with a Staffordshire GP.

### FAMILY SUPPORT BY SCTSP

- www.sctsp.org.uk/
- 01902 424147
- Sutinder.herian@sctsp.org.uk



Registered charity commissioned by Staffordshire County Council to deliver the 0-19 Family Support Service in South Staffordshire, Lichfield, Cannock and Stafford.

### FAMILY SUPPORT BY MALACHI

- www.malachi.org.uk
- 01214444556
- tamworth@malachi.org.uk

Malachi are a not for profit organisation who deliver direct support to families across Cannock and Tamworth. Families are allocated a dedicated Family Support Worker who will provide regular support, usually lasting for 12 weeks.

### harveygirls

#### FAMILY SUPPORT BY HARVEY GIRLS

- www.eaststaffordshirefamilysupport.co.uk
  - 01283533449
  - Support@harveygirls.co.uk
  - Self referral available via website
- Service offered to Children under the age of 19 and their families in Burton-Upon-Trent.

### YOUNG MINDS

- www.youngminds.org.uk
- 0808 802 5544
- Self referral available via website

### YOUNGMINDS

fighting for young people's mental health

UK's leading charity for children and young people's mental health. Online resources and Crisis Messenger for free 24/7 support across the UK if young people are experiencing a mental health crisis.



ending relationship abuse

### NEW ERA

- www.new-era.uk
- 0300 303 3778
- new-era@victimsupport.cjsm.net

A Specialist service to support children who have been involved in domestic violence operating across Staffordshire and Stoke-on-Trent.

### T3 STARS

- www.staffstreatmentandrecovery.co.uk/how-we-help/t3-stars-young-peoples-service/
- 01785 241993
- t3stars.stafford@humankindcharity.org.uk
- Self referral available via website

### stars

Staffordshire Treatment and Recovery Service. Aims to help young people make informed choices about their alcohol and drug use, and to raise awareness of all the risks involved across Staffordshire. This includes providing high quality and responsive support and assistance to parents and carers, schools, colleges, statutory services and other young person's services.



Gender Identity Development Service

- www.gids.nhs.uk
- 020 8938 2090/1
- gids@taviport.nhs.uk

### GENDER IDENTITY DEVELOPMENT SERVICE (GIDS) AT TAVISTOCK AND PORTMAN NHS TRUST

The Gender Identity Development Service (GIDS) is for children and young people, and their families, who experience difficulties in the development of their gender identity. It's a national specialised service, based in London and Leeds, and is the only one of its kind in Great Britain.

### GENDER IDENTITY RESEARCH AND EDUCATION SOCIETY (GIRES)

- www.gires.org.uk/
- GIRES is a UK wide organisation whose purpose is to improve the lives of trans and gender diverse people of all ages, including those who are non-binary and non-gender. GIRES have a helpline number and also a plethora of information on their website including e-learning resources.



### SAVANA

- www.savana.org.uk
- 01782 433204
- info@savana.org.uk

Savana provide free counselling and support services for anyone from the age of 4 who have been affected by sexual violence and abuse in North Staffordshire.



Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust



External Services