

## HOW TO REFER



[not-tr.camhsreferrals@nhs.net](mailto:not-tr.camhsreferrals@nhs.net)

OR



**CAMHS SPA Office**  
Thorneywood  
Porchester Road  
Nottingham  
NG3 6LF

Nottinghamshire Healthcare   
NHS Foundation Trust

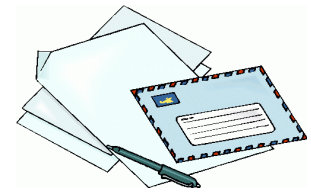
### Opening Hours

Mon – Fri 8am – 6pm

### Contact Phone Numbers

0115 8542299

0115 8440501



## CAMHS Referral Guidance:

**Please ensure we have consent of the young person and wherever possible, the parent in order to process your referral.**

### PLEASE TELL US:

Has the child/young person had support at Universal Service/ Primary Healthcare level (unless in Mental health Crisis? – please see Crisis Response Home Treatment Information).

### REFER FOR CONCERNS RELATING TO:

- Anxiety
- Unresolved Grief/Bereavement
- Depression/low mood/mood disturbance
- Eating Disorder
- Obsessive/Ritualised Behaviours
- Trauma / Post abuse
- Self-Injury
- Tics / Tourette's
- Phobia / Panic

**Please give as much information as you can to avoid delay in the referral process.**

**Please phone the Single Point of Access Office for further advice if you are uncertain whether to make a referral.**