

Hounslow Local Support for Children & Young People's Mental Health in West London NHS Trust

'[Speak CAMHS](#)' is a helpline for young people and their parents, carers, families, GPs and other health professionals seeking advice about the mental health of a young person.

- Call freephone 0800 328 4444 and choose option 2.

The helpline is open:

- Monday to Friday from 8am to 11pm
- Weekends and Bank holidays from midday to 8pm
- Outside these hours, crisis calls will be passed to an out of hours CAMHS professional. If they're not available to talk straight away, you can arrange a call back.
- Calls to the helpline are free of charge.
- [Speak CAMHS helpline :: West London NHS Trust](#)

[Kooth](#), is an online mental health platform for children and young people between 11 and 25 years. Kooth offers:

- safe and secure support from an online community of peers and a team of experienced, accredited counsellors.
- An anonymous, self-referral digital service that enables children and young people to 'drop in' and find fast, easy and free support at a time suited to them.
- No waiting times, no referrals, no thresholds to meet and complete anonymity.
- See www.kooth.com for more information.

Mental Health Support Teams (MHST) Hounslow was one of the initial trailblazer sites which began setting up mental health support teams in January 2019. There are now three teams (West, Central, and East) each working with schools in the corresponding Hounslow early help areas.

The team consisted of mainly education wellbeing practitioners, trained to provide brief, evidence-based support based on Cognitive Behaviour Therapy (CBT) principles.

We are usually based in schools, but we are currently working remotely.

- [Hounslow mental health support teams :: West London NHS Trust](#)
- There is a list of schools on the link above

Child and Adolescent Mental Health Services (CAMHS) More information about what support is available in your local area is on our website: www.westlondon.nhs.uk/our-services/child-and-adolescent/camhs

- CAMHS referrals [Referrals :: West London NHS Trust](#)
- [Child and Adolescent Mental Health Services services by borough :: West London NHS Trust](#)
- Services that West London NHS Trust have for Children in Hounslow mental health is below in the Chart
- Hounslow CAMHS Tier 2
 - Community CAMHS
 - Looked After Children
 - Youth Offending Service
 - Specialist Intervention Support Programme
 - Protecting and Empowering, Against Child Exploitation (PEACE) Project



- Mental Health Support Teams (Schools) [Hounslow mental health support teams :: West London NHS Trust](#)
- Hounslow CAMHS Tier 3
 - Adolescent Team
 - Child and Family Team
 - Neurodevelopmental and Learning Disabilities Team
- Three Borough Eating Disorders Service
- Three Borough Alliance Crisis Service

Other Services for Children & Young People's Mental Health within West London NHS Trust

Forensic child and adolescent mental health services (FCAMHS) - [Forensic child and adolescent mental health services \(FCAMHS\) :: West London NHS Trust](#)

- The service provides a specialist tertiary referral service for child and adolescent mental health services (CAMHS) teams, youth offending team (YOT) link workers and neurodisability services for young people and other agencies.

Early intervention for psychosis - [Early intervention for psychosis :: West London NHS Trust](#)

- Our early intervention for psychosis (EIP) teams look after people for up to three years after their first episode of psychosis. Accept referrals for people between the ages of 14 and 65 years old.

Youth justice liaison and diversion (YJLD) - [Forensic community services \(westlondon.nhs.uk\)](#)

- This service ensures that the specialist needs of children and young people in custody or youth justice setting are met promptly. Ensure that they have priority access to the systemwide specialist services they need.

19 November 2021 – Thomas Webster, Named Nurse Safeguarding Children and Young People