CAMHS Sutton Alliance Services

* **Single Point of Access (SPA),** where all referrals are made. The SPA will look at your referral within 24 hours. If assessment is indicated, this will happen through the SPA team. Then the young person will be moved to the most helpful service to meet their need.
* **SPA operate a duty system Monday-Friday 9am-5pm excluding bank holidays, if you have concerns about the emotional wellbeing or mental health of a child, even if they are not open to CAMHS, please feel able to call the SPA team on 020 3513 3800 (option 1) for advice.**
* **Looked After Children’s service (LAC)**, a Clinical Psychologist and a family Therapist, who provide a range of talking therapy interventions for children and young people who are looked after children by the borough of Sutton.
* **Cognitive behaviour therapy (CBT)**, which can be indicated for problems such as specific anxiety issues (e.g. social phobia or panic), trauma or significant low mood.
* **Off the Record (OTR)**, offer counselling for 11-18 year olds. Post 18 services are also provided from OTR. OTR also provide a drop in service which can be accessed Tuesday 3.30-5.30pm without an appointment or an existing referral.
* **Jigsaw4U:** Provides bereavement counselling for children and young people up to the age of 18 years old.
* **Jigsaw4U:**  Provides Parent Child Game, supportive intervention for parents.
* **Social Care CAMHS:** a Clinical Psychologist is placed in each of the locality teams, Blue, Green and Red. They can receive referrals for young people who are on a Child in Need (CIN) or Child Protection (CP) plan under one of the locality teams. They are a specialist CAMHS provision for YP under social care.
* **YOT Psychologist:** Clinical Psychologist working in the YOT, who works with YP who are under the Youth Offending Team or YouThink prevention team.
* CAMHS worker in the Multi Agency Safeguarding Hub (MASH) and the Referral and Assessment Service (RAS) to aid with mental health assessments in this team.

Referrals to access CAMHS Sutton Alliance provision are made through the Sutton SPA. For further information, please contact the SPA team on **020 3513 3800 (option 1).**