



CINAPS

Cambridge Independent Neuroscience and Psychiatry Services
Consultant Child and Adolescent Psychiatrists
Private, Pro Bono, NHS and Virtual Consultations

Consultant Child & Adolescent Psychiatry Services

Mental Health Services for Families and Young People
2 All Saints Passage, Cambridge, CB2 3LS
10 Harley Street, London, W1G 9PF

HOW TO GET YOUR NHS CAMHS REFERRAL ACCEPTED

GPs and families often contact us with the above question. We are often asked to see a child to assist in the referral to NHS CAMHS and we mostly oblige if we have availability.

Based on our experience, when a GP is concerned about a child or when a GP believes a child should receive services from CAMHS / specialist mental health services, they are usually correct. Referrals are often not accepted initially due to language used or not used. GPs and CAMHS professionals sometimes speak a different language. This document aims to assist with this barrier.

WHO SHOULD BE REFERRED TO CAMHS?

1. Concerns regarding risk to self or others. Concerns regarding risk from others should be referred to Social Care without delay as most professionals know.
2. Concerns regarding serious mental illness. Children experiencing symptoms causing significant or chronic distress or impairment in functioning (which can include developmental delays from an emotional, social, cognitive, language or physical point of view).
3. Neurodevelopmental disorders causing significant functional impairment or distress.
4. Concerns relating to possible Neurodevelopmental disorders (Trust policies vary).

We recommend phoning CAMHS and discussing concerns with the Duty Person if you are uncertain, this often assists with getting referrals accepted when indicated and without delay.

REFERRAL INFORMATION – CAMHS IS OFTEN MOST INTERESTED IN:

1. Concerns regarding possible risk to self or others (ideas, intent or plans and history).
2. Concerns relating to serious mental illness (such as Depression, PTSD, GAD). Clarify what you are worried about e.g. Depression, Generalised Anxiety Disorder or PTSD.
3. Concerns relating to neurodevelopmental disorders such as ADHD or ASD causing significant functional impairment or distress.
4. Details of impairment or general functioning including development and significant distress.
5. Biological functioning – Sleep, Appetite, Energy, Concentration.
6. Family history of serious mental illness or risk.
7. Medical history and confirmation that organic causes have been ruled out. Many psychiatrists will ask for one or more tests to be completed to assist in this matter.
8. Further bio-psycho-social information is always helpful, although the main initial focus will likely be on the above.