

Schools Safeguarding Forum

2nd July 2026

Safeguarding
in Schools

Southwark
Council

Child and Adolescent Mental Health Services (CAMHS)

Children and young people



Who we are, and what we do

Child and Adolescent Mental Health Services (CAMHS) at South London and Maudsley NHS Foundation Trust are here to help you and your family navigate the difficulties that come up when someone is dealing with mental health and wellbeing issues.

We are an NHS service for children and young people up to the age of 18 years of age, and we provide help and support for people living in the south London boroughs of [Croydon](#), [Lambeth](#), [Lewisham](#), and [Southwark](#).

We also have a wide range of specialist teams who are able to help and support people across the UK. You can find out more about [our specialist services](#).

If you are concerned about your mental health and wellbeing, or that of a child or young person that you know, please read more to find out about how to find them support.

Young People

We are here to help support children, young people deal with issues they may be having trouble dealing with.

Parents and Carers

We are here to help support children, young people and their families deal with issues they may be having trouble dealing with.

Professionals

We can help health and social care, and education professionals with their understanding of children and young people's mental health.

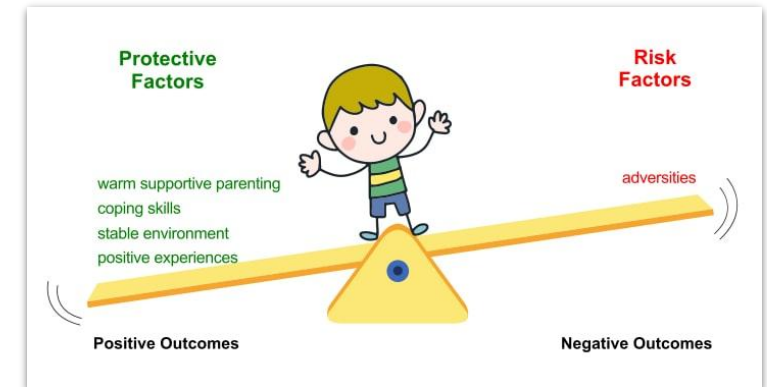


What will we cover?

- Overview of Southwark CAMHS
- Safety planning considerations
- Key messages from some Southwark CAMHS clinicians
- Opportunity to gather your views!

What affects Mental Health?

- Throughout our lives, there are many individual, social and structural factors that may combine to protect or undermine our mental health.
- Individual psychological and biological factors such as emotional skills, substance use and genetics can make people more vulnerable to mental health problems.
- Exposure to unfavourable social, economic, geopolitical and environmental circumstances – including poverty, violence, inequality and environmental deprivation – also increases people's risk of experiencing mental health conditions.
- Risks can manifest themselves at all stages of life, but those that occur during childhood, are particularly detrimental. For example, harsh parenting and physical punishment is known to undermine child health and bullying is a leading risk factor for mental health conditions (WHO, 2022)
- Protective factors similarly occur throughout our lives and serve to strengthen resilience.



- A mental health difficulty is characterised by clinically significant disturbance in a person's thinking, emotional regulation or behaviour. It is associated with distress and an impairment in functioning (World Health Organisation, 2022).
- The framework for classifying and diagnosing mental health difficulties used by us in CAMHS is the World Health Organisation's International Classification of Diseases (ICD-10/11).
- There are many different types of mental health conditions:

Anxiety and mood disorders; Post-traumatic Stress Disorder; Neurodevelopmental Conditions; Conduct Disorders; Eating Disorders; Less common in children and younger adolescents: Bipolar Affective Disorder; Psychotic disorders

Making a CAMHS referral



Referrals will be screened by our Single Point of Access (SPA) team.
camhs.southwarkreferrals@slam.nhs.uk



Please ensure that you have gained consent from the family and discussed the referral with them. Also ensure correct contact numbers are included (as sometimes these are missing).



Please provide as much detail as possible to help us understand the presenting concern to inform our decision making on threshold- using the referral form.

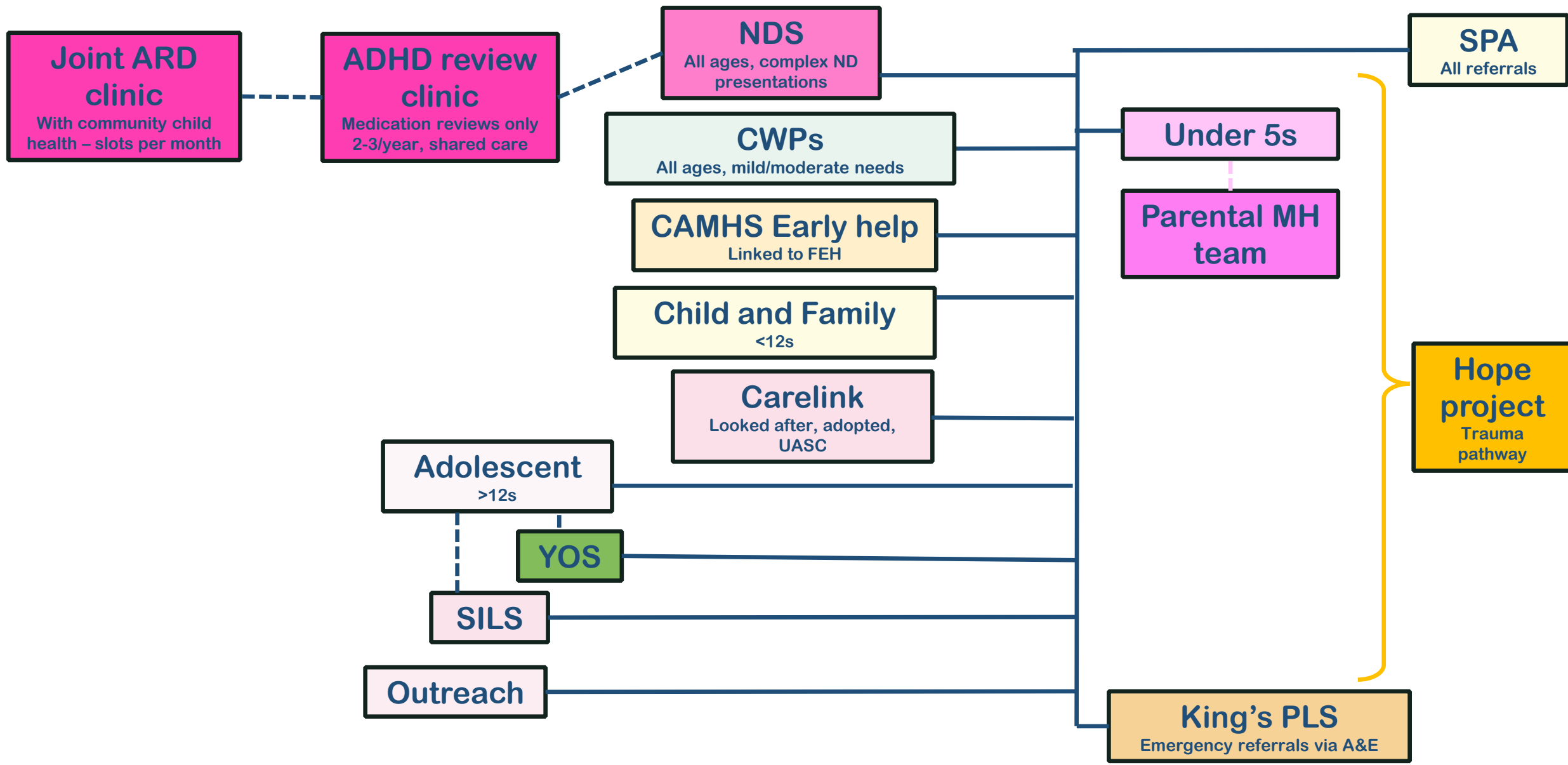
Some pointers on referrals to CAMHS

- Often referrals from schools hold lots rich and valuable information, sometimes more than coming from a GP.
- All referrals to CAMHS are screened as urgent, priority or routine based on the contents of the referral and not where the referral came from (GP, school, paediatrician, etc).
- If referring for an **ADHD assessment**, please provide completed **School Information Questionnaire** and **Teacher SNAP** alongside of our referral form. Bonus points if you give us a completed Parent SNAP as well (although we can do this on the phone with the parent when we call them for our Triage Assessment).
- When making referrals or responding to requests for information from CAMHS, also include child's voice and that of carer, what do they see as priorities/what help are they looking for.

Please also remember:

- We do not complete ASD assessments. Please refer to Community Paediatricians at Sunshine House.
- Educational Psychologists are to be referred to for concerns around cognition, processing difficulties, learning needs, etc.

Southwark CAMHS – Teams and pathways



A comprehensive assessment of needs

A shared formulation and care plan

A range of therapeutic interventions

**Prescribing and monitoring of
medication, as appropriate**

Advice

The crisis system in Lambeth and Southwark

Paediatric Liaison team at King's College Hospital

- Assessments and care planning for emergency/crisis presentation in A&E and on inpatient wards
- Within working hours

Central Crisis services

SLP CAMHS Response Team

- Nurse-led, consultant cover by team/duty
- Mon-Sun
- Intensive interventions anywhere in the community
- 2-4 weeks input

SLP CAMHS Crisis Line 0203 228 5980

- 9 am to 11 pm every day

Paediatric Liaison team at St Thomas's Hospital

- Assessments and care planning for emergency/crisis presentation in A&E and on inpatient wards
- Within working hours

Safety Planning

You can always contact Southwark CAMHS duty (if the young person is on the waiting list) or the CAMHS Crisis Line if they are not open to CAMHS, for advice on safety planning.

Be collaborative with child and their family

Have the plan written down and the child and family given a copy

Share the safety plan with wider network so they can support with this being implemented. There may be specific school considerations

Review the safety plan

What are the early warning signs that I am struggling, and need some extra help?

What ways of coping do I have?

Who could I talk to when I feel like this? How?

What could others do that would help? (Including how can we plan together to keep the environment safe?)

COPING STRATEGIES I CAN USE



DO SOMETHING PHYSICAL (e.g. exercise, go for a walk)



DO SOMETHING TO DISTRACT YOURSELF (e.g. computer games, games on the phone, listen to music, watch TV, bake or cook, read a magazine)



DO SOMETHING WITH OTHERS (e.g., speak to a friend, family member or someone you trust)



DO SOMETHING CREATIVE (e.g. drawing, writing a story, painting or making music)



DO SOMETHING CONSTRUCTIVE (e.g. writing a list of positive things in your life, concentrate on something in the future like a holiday)



DO SOMETHING THAT GIVES YOU COMFORT (e.g. have a relaxing bath, cuddle a softy pillow, sleep, play with a pet)



DO SOMETHING TO LET IT OUT (e.g. punch or scream into a pillow, write negative feelings on paper and then rip them up)

GENERAL ADVICE FOR THE FAMILY/CARER



- Lock away medications, sharp objects, cleaning products, harmful chemicals or other dangerous items.
- All medication prescribed, must be monitored and administered by the carer.
- Regular supervision/ Checks on the young person. Try to agree together how you will do this so it doesn't feel too intrusive
- Consider additional or alternative ways of communicating with the young person, like texting or a traffic light system on the fridge:

If you have tried using the coping strategies above and the urges to hurt yourself are still strong:

- Temperature: Hold an ice cube for a few seconds and rub it across your skin or submerge your hand briefly in cold water.
- Intense Exercise: try running or jumping on the spot, going up and down stairs
- Paced breathing: try breathing in to the count of 5, and out for 7.
- Progressive muscle relaxation; tense your muscles while breathing in. Hold the tension and hold your breath for a few seconds, then breathe out and release the tension. Do this with the muscles in different parts of your body and notice the feeling of relaxation

Feedback from Southwark CAMHS

Safety planning

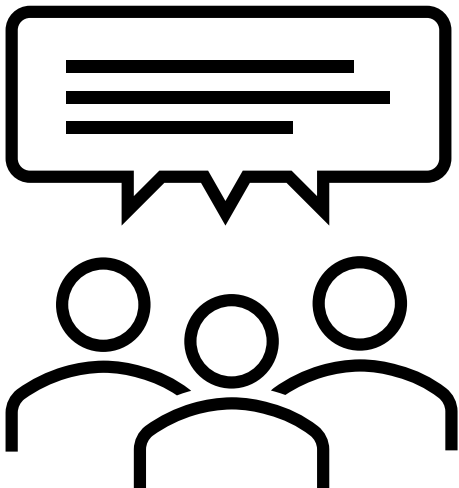
Curiosity about
behaviour and
presentation

Partnership
working

Communication

Let's hear from you!

- Go to menti.com
- Enter code: **8556 6987**



- The NEST, run by Groundworks- Early Intervention for 11–25-year-olds; thenestsouthwark.org.uk
- Mental Health Support Teams in Schools- Run by Groundworks
- Place to Be is offered in many Southwark Schools
- SLP CAMHS Crisis Line 0203 228 5980 9 am to 11 pm every day/ NHS 111 Option 2 24 hours
- Talking Therapies Southwark – 16+ [Talking Therapies Southwark](#)
- Children's Social Care Clinical Practitioners
- Bereavement Support- [St Christopher's | Candle Child Bereavement Service - St Christopher's \(stchristophers.org.uk\)](#)

- Calm Harm - app to help manage the urge to self harm.
- Smiling Mind App (free) or website. Great ideas/exercises for mindfulness
www.smilingmind.com.au
- Anxiety Canada www.anxietycanada.com
- Coping with self-harm - a guide for parents and carers
- Alumina - free online SH support for 10-17yo
- LifeSIGNS - Self-Injury Guidance & Network Support to create understanding about self-injury



- [Kooth](#) - must create an account but is anonymous; can access therapeutic support through chat (some scope for booking appointments); online resources; forums
- [The Mix](#) - short-term support; free; ages 13-25; can offer up to 8 sessions; can self-refer; can access if on a waitlist
- [Young Minds](#) - help and advice for children and young people
- [Childline](#) - 0800 1111; 1-2-1 chats online 7:30am to 3.30am; online resources
- [Papyrus](#) - 24/7 Hope Line offering phone support for young people experiencing suicidal thoughts. Other languages besides English are available. Text and email support also available.
- [Samaritans](#) - 116 123 open 24/7 offering listening support for anyone who is struggling to cope and wants someone to talk to.
- [CALM](#) - 0800 58 58 58; 5pm to midnight; helpline and webchat providing information and support
- [Shout](#) - text 85258; open 24/7; support for young people in crisis.





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