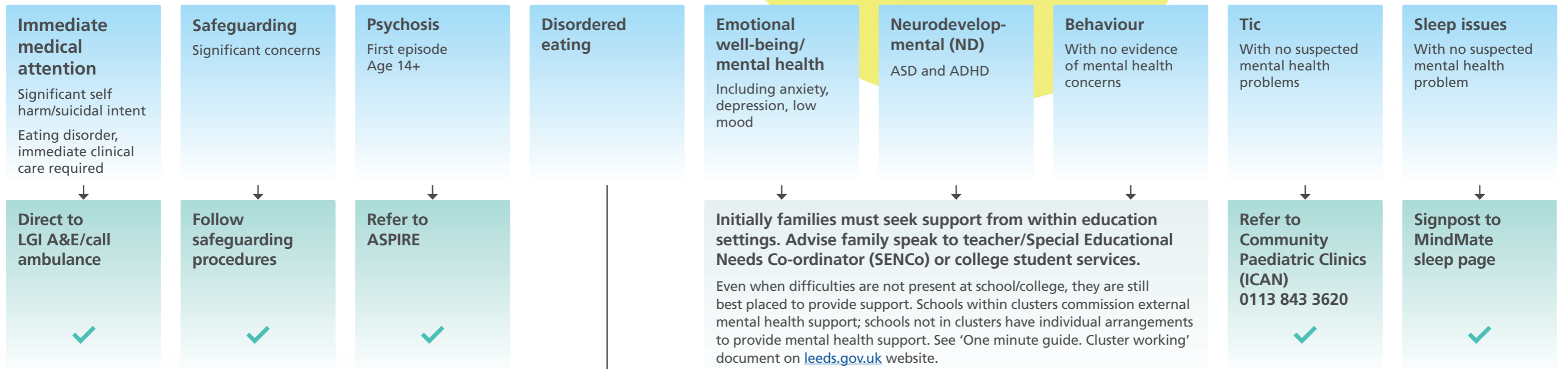


Leeds mental health/neurodevelopmental referral pathway for GPs: School aged children



Referral to MindMate Single Point of Access (SPA)
 For ages 4/5 to 18th birthday

...if disordered eating identified

Early referral advised. No BMI thresholds. Must have been seen by health professional within the last 2 weeks, with height/weight recorded and bloods requested.

...if additional support required following input in education for mental health/ND

GP or school/college staff can make referral to MindMate SPA. ND assessment referrals need completed NDQ form (SENCo to complete). Autism assessment referrals to include SALT service report if already completed.

Gain verbal consent and provide patient info letter. If unsure about suitability, or unable to provide evidence from education settings, call SPA: 0300 555 0324. Visit mindmate.org.uk/spa

At any point in the pathway, young people and families can self-refer to direct access services.

Mental health support is available from services including Kooth, The Market Place, Child Bereavement UK – full list at mindmate.org.uk/whats-in-leeds-for-me

Families concerned about possible neurodevelopmental issues can find out about support services at mindmate.org.uk/nd



SPA will screen for clinical urgency, with most referrals put on a waiting list for routine triage.

MindMate SPA directs referrals to the most suitable support - this ensures that children and young people receive an appropriate service to meet their need and there is capacity to support the most complex needs.

Please note - a referral to MindMate SPA is not a referral to CAMHS.

Outcomes include:

- ✓ Advice to build on existing support or self-refer to direct access service
- ✓ Referral for further mental health support provided within education settings
- ✓ Referral to CAMHS:
 - Further assessment
 - Urgent review
 - Referral to Eating Disorder team
 - Referral to Learning disability team
 - Neurodevelopmental assessment

If additional support required regarding behaviour, the school/cluster can refer for higher intensity family/behaviour support.

Families can access urgent support in a crisis.

Contact CAMHS Crisis Call line (0800 953 0505 - 8am to 8pm) or Night Owls Support (0800 1488244 - 8pm to 8am).

Teen Connect Helpline and SafeZone face to face support also available, plus additional crisis services for 16+. See mindmate.org.uk/urgent-help-all-services

Professionals can also call the CAMHS Crisis Call line for advice.

MindMate leaflets available for families.
 Request MindMate Support Cards and MindMate Crisis Cards by emailing PHRC@leeds.gov.uk