

## Main services available in Portsmouth for adults with emotional or mental health needs (some information for children and young people)

LEVEL OF NEED	PRESENTATIONS/SYMPTOMS	SERVICE AND CONTACTS	SERVICE OFFER
<p><b>CRISIS</b></p> <p>An extreme event that could mean a risk to life of self or others</p>	<ul style="list-style-type: none"> <li>Acute Emotional Distress with high risk to self and others e.g. – person is verbalising a plan to harm self or others and the family or network around the person is not able to contain or manage the issue without urgent intervention from a mental health professional</li> <li>Usually lasting no longer than 2-3 days</li> </ul>	<ul style="list-style-type: none"> <li><b>In a Medical Emergency call 999.</b></li> </ul> <p><u>In Hours (09.00-17.00)</u></p> <ul style="list-style-type: none"> <li>18 years plus call CRHT(Adult CRISIS TEAM) <b>02392 683400</b></li> <li>Up to 18 years old call GP if they are not known to CAMHS or CAMHS Single Point of Access if they are known to CAMHS. <b>0300 1236632</b></li> </ul> <p><u>Out of Hours (After 17.00)</u></p> <ul style="list-style-type: none"> <li>18 years plus contact '111' out of hours GP</li> </ul> <p>Whatever you are going through, call the <b>Samaritans</b> free anytime, from any phone on 116 123. They are here around the clock, 24hours a day, 365 days a year. This number is FREE to call.</p>	<ul style="list-style-type: none"> <li><b>GP-</b> brief assessment and facilitation of mental health advice/ access (An on call Psychiatrist or SPA Clinician is available for advice for making a care plan)</li> <li><b>Crisis Resolution Home Treatment</b> Intensive crisis care package for short term support (out of hours)</li> <li><b>CAMHS Crisis</b> Intensive crisis care package for short term support (in hours)</li> </ul>
<p><b>SEVERE</b></p> <p>Severe and complex mental health symptoms that are chronic, ongoing, and significantly impacting daily life</p>	<ul style="list-style-type: none"> <li>Post-Traumatic Stress Disorder</li> <li>Obsessive Compulsive Disorders</li> <li>Eating disorders</li> <li>Psychosis</li> <li>Suicidal thoughts <b>WITH</b> intentions</li> <li>Self-harm (deep cuts requiring immediate medical attention, burning, attempted suicide)</li> <li>Anxiety (high anxiety affecting daily functioning, i.e. unable to leave house, attend work or appointments)</li> <li>Neurodevelopmental differences (ND) such as autism spectrum disorder or attention deficit disorder (CAMHS ONLY)</li> </ul>	<ul style="list-style-type: none"> <li>16 years and over can self-refer to <b>Talking Change</b>(minimal risk i.e. individuals who are able to keep themselves safe for up to two weeks whilst waiting for treatment) <b>02392 892920</b> (Mon-Thurs: 08.00-20.00) (Fri: 08.00-17.00) (Sat: 09.00-13.00) (Not Neurodevelopmental Differences)</li> <li>18 plus access <b>Adult Mental Health Team</b> through a health professional e.g. GP, Midwife, Substance Misuse Practitioner <b>02392 680200</b></li> <li>Up to 18 years old call/refer to CAMHS Single Point of Access. Please note referrals for neurodevelopmental assessments are preferred via schools</li> </ul>	<ul style="list-style-type: none"> <li><b>Adult Mental Health</b> – Information resource and Treatment provided to adults of working age with severe and enduring mental health problems in the community and in hospital if required.</li> <li><b>Talking Change</b> A range of therapies and treatments for those dealing with common mental health difficulties in a 1-2-1 or group setting (only Young People at minimal risk i.e. those young people who are able to keep themselves safe for up to two weeks whilst waiting for treatment)</li> </ul>
<p><b>MODERATE</b></p> <p>Moderate mental health symptoms that are ongoing and impacting daily life</p>	<ul style="list-style-type: none"> <li>Self-harm (regular surface cuts) and suicidal thoughts without intent to seriously harm.</li> <li>Anxiety (frequent and increased impact on some areas of life - e.g. occasionally struggles to leave house, go to work or keep appointments)</li> </ul>	<ul style="list-style-type: none"> <li>16 years plus can self-refer to <b>Talking Change</b> (minimal risk i.e. those young people who are able to keep themselves safe for up to two weeks whilst waiting for treatment) <b>02392 892920</b> (Mon-Thurs: 08.00-20.00)(Fri: 08.00-17.00)(Sat: 09.00-13.00) (Not Neurodevelopmental Differences)</li> <li>Up to 18 years old call <b>CAMHS Single Point of Access</b>. Please note referrals for neurodevelopmental assessments are preferred via schools</li> </ul>	<ul style="list-style-type: none"> <li><b>CAMHS</b> Information resource and evidenced based treatment for mental health disorders. This can include medication and talking therapies on a 1-2-1, group or family basis.</li> </ul>
<p><b>MILD</b></p> <p>Behavioural and emotional responses to relationships and life events</p>	<ul style="list-style-type: none"> <li>Life transitions (birth of a child, moving home, changing jobs)</li> <li>Suffered a bereavement, recent relationship difficulties</li> <li>Work issues, financial worries or debt, unemployment, benefits</li> <li>Anger management and self-regulation issues</li> <li>Self-harm (surface cuts, head banging, occasional, without intention to seriously harm oneself)</li> <li>Anxiety (low level, relating to a recent event, i.e. response to bereavement, divorce, redundancy, debt)</li> <li>Illness, physical health conditions</li> </ul>	<ul style="list-style-type: none"> <li>If you are worried or concerned about how you are feeling, the first place to go is your <b>GP</b>. Your GP will be able to assess if you would benefit from more specialised support or be supported by them.</li> <li>16 years and over can self-refer to Talking Change (minimal risk) <b>02392 892920</b> or online.</li> </ul> <p>Evidence suggests that a small improvement in wellbeing can help to decrease some mental health problems:</p> <ul style="list-style-type: none"> <li>Free online CBT and life skills courses; Practical ways to start dealing with stress: <a href="http://www.stepsforstress.org/index.htm">http://www.stepsforstress.org/index.htm</a></li> <li>Apps that support your mental health - available to view here: <a href="https://apps.beta.nhs.uk/?category=Mental%20Health#!">https://apps.beta.nhs.uk/?category=Mental%20Health#!</a></li> </ul>	<ul style="list-style-type: none"> <li><b>Talking Change</b> A range of therapies and treatments for those dealing with common mental health difficulties in a 1-2-1 or group setting</li> <li><b>U Matter - The Early Intervention Emotional Health and Wellbeing Service for 11-25 year olds</b> Informal early support, counselling and peer mentoring.</li> </ul>

Please note this document is only intended as a guide. It does not include all support available: search 'mental wellbeing' on [portsmouth.gov.uk](http://portsmouth.gov.uk) for further details