



Professionals | Issue 1: Winter 2022 A round-up of the latest news from YOUnited

Welcome to our first edition of the YOUnited newsletter. We want to keep you updated with this exciting new project so you know how we can support children and young people with their mental health and emotional wellbeing.

What is the YOUnited referral hub?

- YOUnited Referral Hub offers a single referral route for ALL young people in Cambridgeshire and Peterborough aged up to 17 with the support of a professional. If the young person would like your help in getting support for their mental health, then, with their consent, you can refer them via YOUnited.
- YOUnited offers access to a range of support including CAMHS therapies, counselling and guided self-help.
- It is a partnership between four organisations. CPFT for Child & Adolescent Mental Health Services (CAMHS), Cambridgeshire Community Services NHS Trust for Children's Wellbeing Practitioners, Centre 33 and Ormiston Families for counselling & guided self-help.

What do we hope to achieve?

- We want to address confusion about how to navigate the system.
- We want to add capacity into the system so more children and young people can be supported, with shorter waiting times and less delays for assessment.
- We want to include children and young people in the decision-making process.
- We want to give options to children and young people who have been falling through service gaps.

How does it work?

- Referrals can be made to YOUnited by a GP or any professional working with children or young people through the [website here](#).
- Referrals will be triaged and assessed by specialist staff who collaborate with the children and young people and their families on the best pathway for them.
- The child or young person will then work with one of the partners to have their needs supported.
- Young people aged 18 to 25 can [self-refer to Centre 33 here](#) or [self-refer to MIND's Good Life Service here](#).
- GPs can also make referrals for mental health assessments to CPFT's Primary Care Mental Health Service.



How long are the waiting times?

We are working hard to keep waiting times to a minimum. Children and young people will be assessed for risk and support escalated if necessary. Across the service we are committed to providing assessment and access to support or treatment sessions in a timely manner. We are working hard to establish full capacity and despite system-wide challenges with recruitment, we are pleased to advise that recent recruitment has been positive which will increase our capacity in the New Year. We are also focused on reducing the current waiting time as swiftly as possible.

Where else can professionals go for advice and guidance about a child's emotional wellbeing?

If you are a professional with concerns about a child or young person's emotional wellbeing and would like advice prior to, or instead of, making a referral you can contact the Emotional Health and Wellbeing Practitioners at ccs.ehw@nhs.net. You will be offered a 30-minute appointment to discuss your concerns and the Practitioner will be able to signpost or advise about resources available or next steps to support the child or young person. Please note: this is for professionals only. The EHWP Team are not able to offer this service to parents.

How can young people get involved?

We want children and young people to have their voices heard in this project. If you are working with a young person who might be interested in becoming part of the advisory group then please see more information here about Our Voices.

[Kooth](#) - an online mental wellbeing community offering free, safe and anonymous support
[Keep Your Head](#) - brings together reliable information on mental health and wellbeing for children, young people and adults across Cambridgeshire & Peterborough
[Chat Health](#) - a confidential text messaging service for young people aged 11-19. Run by the Cambridgeshire and Peterborough Healthy Child Programme, the service is available Monday to Friday (9.30am-4pm). Simply text 07480 635 443 to start a conversation.

Useful
websites

Contact: For professionals for discussion and consultation of non-crisis referrals only

T: 0300 3000 830 | E: younited@cpft.nhs.uk

If a young person is in mental health crisis contact CPFT's First Response Service by calling NHS 111 (option 2) People in Wisbech have not got the option 2 but can access the service via dialling 111. The call handler will then transfer them direct to the FRS (First Response Service) service.