GUIDELINES FOR REFERRALS TO CHILD & YOUTH MENTAL HEALTH SERVICES FOR GPs & HEALTH PRACTITIONERS

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Kerry

If You Are Concerned About the Behaviour of Someone Or Their Mental Health You Should Speak To Your GP or Phone the Emergency Department of Kerry General Hospital 066-7184000

SERVICE	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
CHILD & ADOLESCENT COUNSELLING SERVICES **COUNSELLING PROVIDES A SAFE SPACE TO EXPLORE ISSUES AND PROVIDE SUPPORT WITH:** Feelings & Emotions; Education & Expectations; Relationships & Sexuality; Moods – Anxiety, Anger or Depression; Bereavement & Loss – family or peer, family separation or divorce; Worries & Concerns; Substance Abuse – Self or Parental; Following GP consultation the counselling services also provide support with: eating distress & body issues; self harm & suicidal ideation. Kerry Child & Youth Counselling Services also support parents and carers.	**FOR CHILDREN and YOUNG PEOPLE 5 - 25 YEARS** Referrals will be accepted from agencies such as HSE, CAMHS, Schools, NEPS, JLOs, Youth Services or GPs as well as the young person or a family member. Where a child or young person is less than 18 years old parental consent is required. **KERRY ADOLESCENT COUNSELLING SERVICE** – Donations Accepted **SOUTHWEST COUNSELLING CENTRE** - Affordable one to one counselling for adolescents and adults, Play Therapy for children, Couples Counselling, Parenting support. Free Crisis pregnancy counselling and free monthly bereavement support group.	**KERRY ADOLESCENT COUNSELLING SERVICE** (3 – 18 years) Balloonagh, Tralee, Co. Kerry. **T:** (066) 7181333 W: www.kerryadolescentcounselling.ie **SOUTHWEST COUNSELLING CENTRE** (4-18 Years & Adults) Lewis Road, Killarney, Co. Kerry. T: (064) 6636416 E: info@southwestcounselling.ie W: www.southwestcounselling.ie
HSE COUNSELLING IN PRIMARY CARE **COUNSELLING IN PRIMARY CARE:** Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. The service is suitable for people who are experiencing certain difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress.	**FOR YOUNG PEOPLE & ADULTS 18+ WHO ARE MEDICAL CARD HOLDERS** The service is free to adults with a full medical card and you access the service through your GP who can refer you. The service is available throughout Kerry. CIPC Counselling is available in Tralee, Killarney, Dingle, Castleisland, Caherciveen, Listowel, Ballyheigue, Kenmare, & Killorglin. **COST: Free to Medical Card Holders Referred by Their GP**	**COUNSELLING IN PRIMARY CARE** Unit 61, Penrose Wharf, Penrose Quay, Cork T: (021) 4681006.
JIGSAW KERRY **JIGSAW KERRY PROVIDES BRIEF, GOAL-FOCUSED THERAPEUTIC INTERVENTION FOR UP TO 8 SESSIONS** For mild to moderate mental health distress including: relationship & interpersonal issues (e.g. bullying, family conflict); worry & stress (e.g. money, social); loss, change & transitions (e.g. bereavement, role, school); low mood & low self-worth (e.g. body image); strong emotional reactions (e.g. anger). Following GP /other agency consultation Jigsaw also provides support with substance misuse, self-harm & suicidal ideation.	**FOR YOUNG PEOPLE 12 – 25 YEARS** **Referral: Call: 066 – 7186785 Email: kerry@jigsaw.ie** Send referral form to Jigsaw Kerry. Referrals are accepted from the young person, parents and concerned adults as well as agencies including but not exclusively; GPs, HSE services, CAMHS, AMHS, Schools, NEPS, JLOs, Youth Services. Where a child or young person is under 18 years old parental consent is required. **Jigsaw Kerry is a free, accessible mental health support service for 12-25 year olds.**	**JIGSAW KERRY** Unit A1, Edward Court, Edward Street, Tralee, Co. Kerry T: (066) 7186785 E: kerry@jigsaw.ie W: www.jigsaw.ie/kerry
NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) **TYPES OF REFERRALS TO THE SERVICE:** Developmental, learning, social, emotional and behavioural difficulties which impact a pupil's learning and socialisation in school.	**FOR CHILDREN 5-18 YEARS** NEPS does not operate a referral system. Each school has an assigned NEPS psychologist and a dedicated allocation of service time. The school principal may request the involvement of the psychologist in supporting teachers and parents in assessment of and developing interventions to meet a pupil's needs. Where the psychologist is involved directly with or on behalf of a pupil, parental permission is sought. (NEPS psychologists work at both individual and systemic levels in schools) **Cost: Free**	**NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)** Government Buildings, Spa Road, Tralee, Co. Kerry. T: (076) 1108901 E: NEPS_Tralee@education.gov.ie
HSE PRIMARY CARE: CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE **TYPES OF PROBLEMS REFERRED TO THE SERVICE:** Children and young people who present with mild to moderate social, emotional and behavioural problems e.g. parental seperation, anixety, fears & phobias, encopresis/enuresis, bereavement & loss, coping with family conflict, adjustment to coping with serious illness.	**FOR CHILDREN & YOUNG PEOPLE 0 – 18 YEARS** Referral to Kerry Primary Care Child, Adolescent & Family Psychology Service can be initiated by any individual who notes concern in relation to a child's social, emotional, behavioural and/or psychological well-being. Parental permission is required for referral. **Cost: Free**	**HSE PRIMARY CARE CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE** HSE Kerry Community Services Rathass, Tralee, Co. Kerry T: (066) 7199708
PIETA HOUSE **TYPES OF PROBLEMS REFERRED TO THE SERVICE:** Pieta House provides free, therapeutic supports to people who have suicidal ideation, who have attempted suicide and those who engage in self-harm	**FOR CHILDREN & YOUNG PEOPLE under 18 and ADULTS - All AGE GROUPS** Referrals are accepted from young adults, parents and concerned adults as well as agencies such as CAMHS, HSE and School. Where a child or young person is less than 18 years old parental consent is required. **Cost: Free of Charge.**	**PIETA HOUSE** 28 Moyderwell, Tralee, Co. Kerry T: (066) 7163660 E: mary@pieta.ie W: www.pieta.ie **CLIENTS IN CRISIS WILL BE SEEN WITHIN 48 HOURS**
HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) **TYPES OF PROBLEMS REFERRED TO THE SERVICE:** Standard Referral Criteria: Eating Disorders eg anorexia nervosa; complex or severe anxiety eg OCD, GAD, PTSD, panic disorder, social phobia; mood disorders eg depression, bipolar affective disorder; psychosis/early onset schizophrenia; attention deficit hyperactivity disorder*; persistent school refusal; motor &/or vocal tic disorder; tourette's syndrome; deliberate self harm. Suicidal ideation; Where there is **significant co-morbidity** between a Mental Health Disorder & the following presentations: Attachment disorder; conduct disorder; ASD; intellectual disability; physical conditions eg chronic fatigue, epilepsy, DCD etc *Where there is a query of ADHD in children under 6 years, ideally these children should initially be seen by another health professional for screening to rule out other causes (eg Early Intervention Team, Psychologist, OT) and/or be offered a parenting intervention before referral to CAMHS as per NICE guidelines.	**FOR CHILDREN & YOUNG PEOPLE AGED 0 – 18 YEARS** CAMHS is a specialised multi-disciplinary tertiary Mental Health service for children & adolescents with the most severe & disabling mental health disorders (2% - 5%). Assessment & intervention is offered up to 18 years on a case by case basis. Referrals are accepted from medical professionals including GPs, AMO's & Paediatricians. Referrals are also accepted from NEPS, HSE Senior Health Professionals including Social Workers, Psychologists, Speech & Language Therapists, Occupational Therapists & PHNs. Eist Linn, Cork: Referral to Eist Linn Adolescent In Patient service is via CAMHS Child & Adolescent Psychiatrist. **Cost: Free**	**KERRY CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)** Duchas House, Edward St, Tralee, Co Kerry. T: (066) 7144081 F: (066) 7144080 **REFERRALS ARE PRIORITISED BASED ON CLINICAL NEED. CLIENTS IN CRISIS ARE SEEN PROMPTLY**
HSE ADULT MENTAL HEALTH SERVICE **TYPES OF PROBLEMS REFERRED TO THE SERVICE:** Depression/mood disorders, anxiety, psychotic illness, suicide and deliberate self harm, personality disorders, eating disorders, adjustment disorders. **HSE PRIMARY CARE LIAISON NURSE SERVICE** The Liaison Nurse Service is a free Service for adults (18+) experiencing difficulties with issues such as depression, anxiety and panic reactions, stress, grief and loss, relationship problems and information, support and assistance with referral to other services if necessary. It is an 8 session recovery oriented Psychological Intervention service based on Holistic Assessment with a collaborative Care Plan providing tailored goals and treatment plans. Referral is through your GP /Primary Care Team in Dingle /West Kerry; Listowel /North Kerry & Castleisland.	**FOR ADULTS AGED 17+ YEARS AND OVER** Referral to Kerry Adult Mental Health Services can be initiated by any individual who notes concern in relation any person aged over 17. If possible, referral to this service is made via a General Practitioner / South Doc out of hours, or the Emergency Department of Kerry General Hospital. Following assessment of needs by GP, Psychiatrist on call, self harm nurse or team doctor in the Emergency Department the following options may be offered: • If the person is under 18 and the young person needs to be admitted; if no child / adolescent psychiatric unit can offer a place, this may need to be in KGH (psychiatric or paediatric ward). • An Outpatient Appointment for the appropriate mental health team (CAMHS or AMHS) is organised for as promptly as possible. • Referral to other mental health resources in your catchment area (where you normally reside) may be offered. These include various multidisciplinary team members who provide a wide range of interventions based on an assessment of individual needs.	**ADULT MENTAL HEALTH SERVICE** Sliabh Mish Unit, Kerry General Hospital, Tralee, Co. Kerry T: (066)7184000 F: (066) 7184142 **CLIENTS IN CRISIS WILL BE SEEN WITHIN 48 HOURS**

Prepared by Kerry CYPSC Child & Youth Mental Health Working Group. Contact: Claire O'Toole, Coordinator. T: 066 7199764. Kerry CYPSC website: www.kerrychildrensservices.com

KerryChildrenHSE_GPA2Poster.indd 1 16/11/2018 12:33