**Islington’s Social Emotional Mental Health Team (SEMH)**

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| **Who are we?**<https://www.nclwaitingroom.nhs.uk/icamhs-semh> |
| SEMH is part of the integrated front door with children’s social care (CSC) and early help services. SEMH is responsible for coordinating care for social emotional mental health services within Islington. This includes CAMHS and partner agencies outlined below. We screen all referrals to make sure we find each young person the right service first time.SEMH screen and process referrals for children, young people, and their families, up to their 18th birthday. (NB: Young people over the age of 17.5 years would be referred to adult services unless they require urgent, crisis intervention)**NB: Please make families aware that referrals are screened by the integrated front door (CSC, SEMH) and passed to the service deemed most appropriate for the family’s needs, who will then contact them. This may not be the service you requested.** |

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|  | barnardos logo - Landsker Child Care |  | YCSMAS(Youth Counselling & Substance Misuse & Alcohol Service) | Jobs |
| Counselling and Psychotherapies services.YP ages 16 to 25. | Talking and creative counselling.Ages 8 to 18 (25yrs if SEND) | Range of services – from groups, workshops, Guided self-help, CBT and psychological therapies for individuals and families.Ages 0 to 18. | Counselling Services. Ages 10 to 18.Connect to Targeted Youth Support.  | Emotional Wellbeing Practitioners EWBs – Needs to be receiving support service to be considered (support does not need to be a partner agency).Ages 8 – 18 |
| Moderate need | Low to Moderate need | Low to significant need  | Low to Moderate need. | Low to Moderate need |

\*For more detail on what the service offers refer to the network matrix. Therapies Social Engagement

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| **Who can refer?** |
| GP, schools, health professionals, early help, children’s social care, charity and community provisions, or any professional working with young people and their families. We also accept self-referrals from parents and from children over the age of 16. We seek referrals from professionals if a family has already reached out to you for support. |

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| **How to make a referral?** |
| All referrals should be sent via the **Central Point of Access** using the **Request for Service** **Form.****Details:** <https://findyour.islington.gov.uk/kb5/islington/directory/service.page?id=72oH6rlO3Js> |

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| **What to expect when you have made a referral?** |





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| **What should referrals include?** |

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<https://qr.link/m0pRBQ>

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| **Threshold Considerations** |
| **If a child is already engaged in therapy/counselling,** there needs to be a clear rationale why another intervention is required. Reports and recommendations from the current counsellor/therapist should be requested and included in the referral.**Behavioural issues** – there must a clear link to a mental health or neurodevelopmental need. Challenging behaviour may be more suitable for whole family support through CSC or Early Help.**Eating Disorder** – if there are clear indicators of an eating disorder – changes in eating, deliberating reducing food intake, purging, loss of weight, other physical symptoms, a referral direct to the Royal Free Eating Disorder Service (RFED) may be more appropriate. Early onset and other eating disorders such as limited food choices, lack of interest in food, craving non-food items (PICA), the Eating Difficulties and Avoidant Restrictive Food Intake Disorder (ARFID) service may be appropriate. **Social Prescribing** - should a child or young person be at risk of emotional decline and would benefit from social engagement, the Social Prescribing service may be appropriate. Direct referrals can be made to this service. [www.liftislington.org.uk](https://www.liftislington.org.uk/events/social-prescribing-team)**Sleep Issues** – there needs to be a clear link to a mental health issue for a referral to SEMH. Referrals for sleep medication must include details of what the family have already tried and what support has already been attempted (please see link to guidance and sleep diary: [Sleep Diary](https://www.whittington.nhs.uk/document.ashx?id=15247)**If you are in doubt, please do contact SEMH to discuss the referral before submitting – 020 7527 3355** |

This online service provides resources and short-term online counselling for children and families.