

The Emotional Wellbeing Team will work with you to help you find local opportunities and activities to support your wellbeing goals. We will help you develop a personal plan for becoming more independent and resilient, gaining confidence to make new friends, or finding a new passion – whatever you need support with. This can involve a mix of signposting to positive activities, online and face-to-face support or self-help advice. We will act as a link person to help you get things sorted. Find out more at

<http://www.platformislington.org.uk/support/emotional-wellbeing-team>

Referring to the SEMH Team:

If you are considering a referral to the SEMH team you can:

- Complete a referral form online at:
<https://www.whittington.nhs.uk/default.asp?c=29766>
- Download a referral form online at:
<https://seuresurvey.islington.gov.uk/selectsurvey/TakeSurvey.aspx?SurveyID=981Inm2>
- Or speak with our SEMH CAMHS Duty Clinician on:

Tel: 020 7527 3355

Otherwise, you can speak with your GP, School or other professional to discuss any worries or concerns.

1 Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 23/10/2020
Review date: 23/10/2022
Ref: CYP/CAMHS/SEMHT/01

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Social Emotional Mental Health (SEMH) Team

Information for parents,
carers and young people



Social Emotional Mental Health (SEMH) team

The SEMH team is a multi-agency, multidisciplinary team working in Islington.

Our multiagency team is made up of staff from Islington Community CAMHS, Barnardo's, Targeted Youth Counselling Service, Brandon Centre and Isledon Wellbeing. You can find out more about each service in this leaflet. We also work closely with colleagues from Islington Children's Social Care and Early Help.

SEMH provide support to children, young people and their families/carers who may be experiencing social, emotional or mental health and wellbeing difficulties.

When we receive a referral, our SEMH clinician may contact the young person / parent / carer / referrer to discuss the referral, request questionnaires to be completed or offer an Enhanced Enquiry appointment. Our aim is to offer advice and/or a service in the most appropriate and efficient way. Your referral may be passed onto one of our partner agencies for an assessment/intervention. The waiting time for each service varies.

We will keep you updated and copy your GP into any correspondence.

All referrals are received at our central point of access and screened for safeguarding in the first instance by the Children's Social Care Team in Islington. They will then pass your referral on to the SEMH team.

(Criteria for SEMH: Home, School or GP in Islington)



Child and Adolescent Mental Health Services (CAMHS) aim to support and help with children and young people age 0-18 and their families who are experiencing moderate to severe emotional and mental health problems. We provide specialist assessment, both comprehensive and multidisciplinary including diagnosis; therapy, including individual, family and group work. We also offer an in-patient care and treatment to children and young people. We can help with:

- Emotional difficulties: e.g. anxiety, depression, stress.
- Behavioural difficulties: e.g. violence, destructiveness, self-harm, over activity, sexualised behaviours, obsessive behaviours.
- Relationship difficulties: e.g. problems in the family, with peers, in school or the community, problems with attachment and loss.
- Developmental / neurodevelopmental difficulties: Assessment and effective solutions to the difficulties raised by Autism, Attention Deficit Hyperactivity Disorder, Tics.
- Psychiatric conditions such as psychosis
- Emotional difficulties associated with physical health problems, e.g. soiling, sleeping, eating,.
- Trauma including post-traumatic stress disorder (PTSD) and developmental trauma



Barnardo's SEMH is an emotional wellbeing service based in the London Borough of Islington, providing short-term individual counselling and therapy to the children and young people of Islington. Barnardo's SEMH is delivered in the community by a qualified team of talking therapists and creative therapists. The service offers children and young people support with a variety of social, emotional and mental health difficulties, including:

- Bullying, peer pressure
- Mild Depression, anxiety, low confidence
- Mild self-harm
- Anger management
- Exam pressure
- Bereavement



The TYS Youth Counselling Service is part of Islington Council's Targeted Youth & Community Services and has been supporting the emotional well-being of young people in Islington for over 15yrs.

Counselling will give you the chance to talk to a trained professional counsellor in private, who will listen to how you feel and support you in making positive changes that will improve your emotional wellbeing. Counsellors will not judge you or tell you what to do.

We will make an appointment for an initial session with you where you will be able to meet your counsellor. You can ask any questions that you might have and decide for yourself if counselling feels right for you. This session also gives the counsellor an opportunity to find out if there is any other form of support that you may need.

We will always try to see you as soon as possible, but when the service is really busy, we will put you on to our waiting list and contact you as soon as a place becomes available.



Brandon Centre offers up to 16 sessions of one-to-one psychotherapy to young people in Islington aged over 16yrs. We support young people with a range of difficulties including bereavement, bullying, eating problems, self-harm, relationship difficulties, low mood, anxiety and difficulties at home, work or school. Appointments are held at Lift (Angel) and Platform (Hornsey).

For more information, contact counselling@brandoncentre.org.uk or visit brandon-centre.org.uk