East London NHS
NHS Foundation Trust

A guide for GP's in managing children presenting with a Mental Health "Crisis"

Young person has taken an overdose

Call 999/send them to A&E

Young person has self-harmed

Does the injury require treatment? (e.g. stitches)

Yes

Advise to attend A&E

No, but unsure of level of risk

Call the CAMHS team that they are under or for their area. If they are not open to CAMHS or if their usual clinician is not in, ask to speak to the Clinician Of the Day (COD)

Adolescent Mental Health Team- 01234 310952

Bedford EBT(3)- 01234 310670

Central (Mid Beds) EBT(2)- 01234 310800

Central (Dunstable) EBT(1)- 01582 538252

No

Send a referral to the CAMHS Single Point of Entry (SPOE)
E-mail- elft.spoebedfordshire@nhs.net
Phone- 01234 310040
Fax- 01234 310954

Young person is having thoughts about self-harming or suicidal ideation

Do they have any immediate risks or detailed plans, including dates/times/methods? Do they lack protective factors?

No

Not Sure

Call the CAMHS team that they are under or for their area. If they are not open to CAMHS or if their usual clinician is not in, ask to speak to the Clinician Of the Day (COD)

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Yes

Call CAMHS Crisis Team for advice/ to agree same day/urgent assessment where possible 01234 310952

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