

# Early Intervention CAMHS



**Emotional  
Wellbeing  
Hub**



**Under 18s  
Wellbeing  
Service**



**Mental Health  
Support Teams  
(MHSTs)**



**Psychology in  
Schools Team**

# The Emotional Wellbeing Hub

- Front door triage service for NSFT mental health services for children and young people aged 0-25 years in Suffolk.
- **Includes** referrals to Early Intervention and Specialist CAMHS (under 18) and Youth (YAMHS 18-25) services.
- Specialist CAMHS includes Connect (Children in Care or Adopted) and Learning Disabilities (LD CAMHS)
- You can contact the Emotional Wellbeing Hub helpline on **0345 600 2090** and **press option 3** to make a referral to access specialist mental health support services



# Under 18s Wellbeing Service



Supports young people and their families with mild to moderate mental health difficulties

Primary Mental Health Workers (PMHW), Child Wellbeing Practitioners (CWP), Psychological Therapists

CBT, IPT, EMDR, systemic therapist, arts therapist

PMHW consultation line **01284 741601**

# The Psychology in Schools Team

Low mood

Challenging  
behaviour

Eating  
difficulties



NEW Childhood  
Neurodiversity programme



School  
avoidance

OCD

Tics and  
Tourette's

Self harm

Anxiety

These can be found at: [Parent workshops | Norfolk and Suffolk NHS \(nsft.nhs.uk\)](https://parentworkshops.norfolkand.suffolk.nhs.uk/) or by scanning the QR code.

- Self help techniques
- Support available from our services
- Support available from other services
- Support for children with additional needs
- App recommendations
- Urgent support information

# Support and self help guide

for children, young people and families in Suffolk\*

This booklet is for young people and anyone supporting them. Inside, you will find some top tips on supporting emotional wellbeing, some self-help strategies and information signposting you to where you can get more help if you need it.



\*Excluding Waveney

*Any questions?*

