

# CAMHS TIER 2 TEAM, LOTHIAN

## What is the CAMHS Tier 2 Team?

Child and Adolescent Mental Health Service (CAMHS) offers support and treatment to children and young people (aged up to 18 years old) who are experiencing difficulties with their mental health and wellbeing.

The CAMHS Tier 2 service is a team of mental health professionals called Primary Mental Health Workers. We come from all different backgrounds—art therapy, social work, psychology, occupational therapy and mental health nursing. We are all trained in assessing the needs of young people who are struggling with their mental health and want to help you access the right support.

## What do we help with and how?

It's normal for everyone to feel different emotions. But, when these emotions become difficult to manage, it's important to speak to a trusted adult or professional.

We can support young people's mental health needs by offering an assessment through conversation with a young person and their family/carers. At your appointment we can think together about the next steps that might be best for you.

The team have an awareness of local services which offer mental health support. We will consider with you which service is best suited to your current needs.

## How do I get referred and what happens after that?

You can discuss your mental health needs with the support of your parent or carer with your GP or school. They can then refer you to the CAMHS Tier 2 Team, if they think it is appropriate.

When we receive your referral, a CAMHS Primary Mental Health Worker will get in touch with you, to arrange an appointment to discuss your thoughts and worries. The meeting can be over the phone, on video call or in person—whatever feels easier for you to manage.

## Where is the CAMHS Tier 2 Team located?

Primary Mental Health Workers, who work in the CAMHS Tier 2 Service, are placed in the community. We offer appointments in doctor's surgeries and health centres in your area.



## Urgent support and resources

If you need support with your mental health, we recommend you contact emergency numbers listed below or speak to a trusted adult or GP.

**If there is an emergency, then you should contact emergency services on 999 or attend A&E.**

### Crisis helplines

Child line: 0800 1111

Samaritans: 116 123

Breathing space (for young people aged 16+yrs):  
0800 83 85 87.