

24 April 2026

Child & Adult Mental Health Service (CAMHS)

Does your HSC trust provide any mental health services for under 18 year olds (e.g. CAMHS)?

Yes

If you do not, please reply stating that you do not provide mental health services for under 18 year olds and none of the other questions of this FOI are required as they are not relevant.

If you do provide mental health services for under 18 year olds:

- **What is the age brackets for the mental health services for young people before they move to adult services (for example 0-18 year olds or 0-25 years old)?**

0-18 years

- **What do you call this service (for example Child and Adolescent Mental Health Services (CAMHS) or if there is a specific name you use)?**

Belfast Health & Social Care Trust provide a number of CAMHS services under a Stepped Care Model. Belfast Health & Social Care Trust provides CAMHS to children aged 0-18 years who reside in Belfast Health & Social Care Trust (BHSCT) and South Eastern Health & Social Care Trust (SEHSCT) areas; as well as two regional CAMHS services. We call the services: Child and Adolescent Mental Health Services (CAMHS).

Within our CAMHS services the teams are called:

Step 1 Emotional Wellbeing in Schools Team (EWTS) – BHSCT & SEHSCT

Step 2 Primary Mental Health Team BHSCT & Step 2 Primary Mental Health team SEHSCT

Step 3 CAMHS – Young Peoples Centre, Child & Family Clinic, Ards Step 3 and Lisburn Step 3

Step 3 Drug & Alcohol CAMHS Service (DAMHS) – covers BHSCT & SEHSCT

Step 3 Eating Disorder Youth Service (EDYS) – covers BHSCT & SEHSCT

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Step 3 Knowing Our Identity -Gender Identity Service (KOl) – regional service

Step 3 Family Trauma Centre – regional service

Step 4 Crisis Assessment & Intensive Intervention Team (CAIT) – covers BHSCT & SEHSCT

Step 5 Beechcroft Regional CAMHS Inpatient Service– regional service

- **What methods of referral do you accept (for example- referrals from GPs/schools)?**

CAMHS Services in NI follow the Regional CAMHS Care pathway
<https://www.familysupportni.gov.uk/Content/uploads/userUploads/CAMHS-Pathway.pdf>

Referrals can be made by any of the following - GPs, hospitals, other health and social care professionals, education authority services, relevant voluntary sector organisations who may be involved with the family.

- **Are self referrals an option? If so what are the requirements (e.g. minimum age)?**

At present self-referrals are not accepted.

- **What is your method of advising patients of appointments (e.g. text/post)?**

A number of methods are used to advise of appointments depending on patient choice – telephone, postal appointment letters, text reminders, appointment cards and more recently via the Epic MyCare App.

I would also like to request a blank document of the following forms:

- **The form used by GPs/schools to refer a young person**

Please refer to the following attachment:

36678 BHSCT CAMHS Central Point Referral Form attachment 1.pdf

GPs can also complete this form via CCG electronic system

- **The form used if a young person is referring themselves**

N/A

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- **Any forms that are provided at the first appointment for the young person/parent to fill out in regards to contact information, preferences of methods of contact, who is attending the appointments etc**

Some teams send a questionnaire with initial assessment appointment letter and ask this is brought to this appointment.

Please refer to the following attachments:

36678 BHSCT Eating Disorder CAMHS Young Persons Information Form attachment 2.pdf

36678 BHSCT Eating Disorder CAMHS Pre assessment EATING QUESTIONNAIRE attachment 3.pdf

36678 BHSCT Eating Disorder Team CAMHS Family Information Form attachment 4.pdf

36678 BHSCT Regional Family Trauma Centre CAMHS Referral Form 2026 attachment 5.pdf

36678 BHSCT Step 3 CAMHS DEMOGRAPHICS QUESTIONNAIRE attachment 6.pdf

- **Any relevant forms to indicate who is attending the appointment/aware of the referral (young person/their guardian/both) and which of the two should be contacted and if there is a preference of contact method**

CAMHS referral form asks referrer to confirm child is aware of referral being made.