

17 Aug 2026

CAMHS to AMHS Transition Data

Under the Freedom of Information Act 2000, I request information regarding the transition of young people from Child and Adolescent Mental Health Services (CAMHS) to Adult Mental Health Services (AMHS).

If this information is routinely collected, please provide the following as monthly data (or the nearest routinely available reporting interval) from January 2018 to the most recent available date. (If retrieving data back to 2018 would exceed the statutory cost or time limit, please provide data starting from the 2021/22):

1. The number of young people discharged from CAMHS upon turning 18.

The Trust does not hold discharges in a format that allows identification of those discharged specifically upon turning 18 years of age. Therefore, under Section 1(1)(a) of the FOIA, this information is not held. For assistance, we have provided the total number of CAMHS discharges which will be any age from 0-18 years.

	2018	2019	2020	2021	2022	2023	2024	2025	2026 to end July
All CAMHS Discharges	3301	3172	3149	3156	2630	2997	3582	3581	1501

2. The number of those young people then referred to Adult Mental Health Services (AMHS / CMHT) if possible?

	2018	2019	2020	2021	2022	2023	2024	2025	2026 to 31 July
CAMHS Referrals to Adult Mental Health Services	49	45	75	57	74	54	66	53	48

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Please note Belfast Health and Social Care Trust (BHSCT) provides Community CAMHS services for BHSCT and South Eastern Health and Social Care Trust (SEHSCT) area and these figures relate to all transitions across both Trusts

3. The percentage of referred young people who were still waiting for their first adult mental health assessment.

Referred in 2025

- Still awaiting first adult assessment: 13%
 - ADHD: 10%
 - CMHT: 3%

2026

Total referred through transitions 1 Jan 26 to 31 July 26:

- Still awaiting first adult assessment: 55.8%
 - ADHD: 18.6%
 - CMHT: 37.2%

4. The total number of people aged 18–25 years waiting for a first adult mental health assessment.

We can confirm that there are currently 129 referrals in this category age range awaiting a first assessment.