



Leicestershire Partnership
NHS Trust

CAMHS Young People's Team consultation clinic



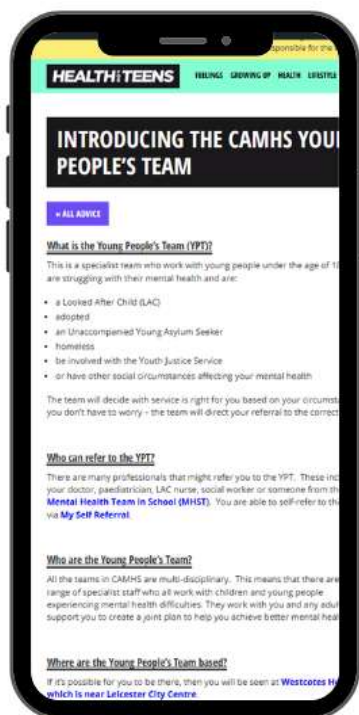
Who are we?

The Young People's Team at CAMHS

The Young People's Team (YPT) are a specialist team within Leicestershire CAMHS that work with Looked After (LAC) and adopted children, those at risk of offending (YJS), homeless children and unaccompanied asylum seekers.

We are jointly commissioned by health and the Leicestershire County Local Authority. As part of our offer, we provide training and consultation to social workers, foster carers and other professional supporting children in the county.

You can learn more about the CAMHS Young People's Team by visiting: www.healthforteens.co.uk/leicester/city/introducing-the-camhs-young-peoples-team/



Important things to consider

- Consultations are open to county foster carers, social workers, care home staff and any other agencies involved who may benefit from attending- for all LAC children in the county
- To discuss children **not open** to CAMHS; if a child is already open to CAMHS, consultations can be requested directly
- The consultations are aimed to talk through worries, concerns and gain advice from a mental health perspective; we *may* sometimes recommend a referral to CAMHS following this and/or a referral to other agencies
- If you feel a young person needs a referral to CAMHS (due to presenting with significant MH need that requires specialist assessment), then please refer directly to CAMHS to enable the CAMHS clinician to prepare for the consultation.

The purpose of the consultation clinics

A consultation is a space to talk through concerns about a child or young person with a CAMHS clinician. It is:

- An opportunity to explore worries, behaviours, or emotional needs
- A chance to think together about what might be happening for the child
- Support to consider strategies, next steps, or where to seek further help

It is important to note that the child or young person is not seen directly as part of the consultation, but rather the focus is on supporting the adults around the child to better understand and respond to their needs.

It does not therefore replace a direct referral for assessment or intervention from CAMHS but may help decide if further support is needed from a specialist mental health service.



The format of the consultation clinics

- Held monthly, with 3-4 one-hour slots available
- Led by a clinician from the Young People's Team
- Consultation-based only (no direct work with the child)
- If a child is already open to CAMHS, requests should be made via their CAMHS clinician/lead professional who will know the young person better so can offer more tailored advice.

Typical reasons for requesting consultations:

- To talk through general concerns/ worries about a child
- To get advice on specific difficulties (e.g. emotional needs, behaviour problems, attachment difficulties)
- To think through next steps or planning
- To explore support options and appropriate services

How to book a consultation slot

Consultation slots are booked via Maggie.Fitzgerald@leics.gov.uk. It is helpful to provide a brief overview to be provided of the issues you wish to discuss as this will.

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

	www.leicspart.nhs.uk/mental-health/
	www.healthforteens.co.uk

Date implemented: **December 2025**

Last review: **May 2026**

Review date: **June 2028**

Leaflet No. e.g. YPTCS01