Child & Adolescent Mental Health Service (CAMHS) in Schools
Who we are
We are a team of Mental Health Professionals including:

• Clinical Psychologist
• Art/Drama Therapists
• Family & Systemic Psychotherapists
• Cognitive Behaviour Therapists
• Counsellors
• Psychotherapists.

What we offer
Our team of mental health professionals offer early intervention to children and young people (CYP) experiencing difficulties with their emotional wellbeing and mental health. We work with parents/carers to support their CYP’s mental health.

We offer a range of services including:

• short term individual therapeutic intervention with children, young people and their parents/carers
• information and advice about mental health to parents
• information and advice to school staff and other professionals
• promoting better understanding of mental health issues
• offer support and advice to schools following a critical incident.
We can meet with teachers, parents, children and young people within schools. If appropriate, we can also arrange to visit the family home.

Most appointments take place in schools between 9am to 5pm however, on occasions, we may be able to offer appointments between 8am up to 6pm.

It is important to remember that some of the worries and feelings children/young people and families may experience are perfectly normal to the circumstances they find themselves in. Sometimes these persist and interfere with a child/ young person’s mental health and emotional wellbeing.

Some of the reasons for referrals are:

- low to moderate mood (thoughts and feelings which do not go away and impact on everyday life and activities)
- anxiety that impacts on everyday life.
- low self esteem
- eating and sleeping difficulties
- emotional difficulties at school impacting on peer relationships and academic achievement
- difficulties adapting to change in circumstances following separation/divorce or bereavement
- family difficulties.
How to refer to us

We accept referrals from schools. If you feel our service could be helpful for a child/young person/family, please discuss the concerns with the parent, head/deputy teacher, special educational needs coordinator (SENCO) or Inclusion Manager who can then consult with us and make a referral.

How to contact us

CAMHS in Schools
London Borough of Barnet
Telephone number:
020 8359 2432

What happens after we receive a referral:

The referral will be considered for the appropriateness for our team. An outcome letter will then be sent to the referrer and copied to parents/carers and the GP. If the referral is accepted, the case will then be allocated to a clinician. The clinician will then contact parent/carer and school to arrange an initial meeting to discuss the concerns further.

By discussing the concerns, we can work out together the most helpful intervention for child/young person/family. If the referral is not accepted, as part of our working in Barnet’s 0-19 Early Help Hubs we will also advise and support access to other services as appropriate.
CAMHS in Schools

CAMHS in Schools is part of Barnet’s Early Help offer that provides services and interventions for children 0–19 and their families. Barnet has three localities – East/Central, West and South. Each locality has a 0–19 Children and Families Early Help hub. The hub staff provide a range of help and support in many different venues across the locality. These services include Early Help Assessments (CAF), Family Resilience – direct interventions with children and parents, Targeted Youth Support, Early Years and Children’s Centres and Child Wellbeing services. The hubs include a wide range of partners providing other services for children and families in order to have an integrated whole family way of working.

In an emergency

As we are not an emergency service, in an emergency please contact your GP or go to your nearest A&E department where health professionals who assess children and young people will have access to advice from CAMHS specialists.
Information about our service for children and young people who may benefit from extra support from our team of child mental health professionals working in Barnet Primary & Secondary schools.

For more information or to contact us:

CAMHS in Schools
London Borough of Barnet
tel: 020 8359 2432