



Launches 1 July 2021

YOUUNITED offers help to children and young people with their emotional wellbeing and mental health registered with a GP in Cambridgeshire and Peterborough.

It is available to those up to the age of 25 and offers a range of support including therapies, counselling and guided self-help.

Referrals can be made to YOUUNITED by a GP or any professional working with children or young people.

[Referral information can be found on the CPFT website and on the next page of this briefing.](#)

All referrals are triaged and assessed by specialist staff from YOUUNITED who then work with children and young people, as well as their family or carers if necessary, on the best pathway to support their needs.

The YOUUNITED referral hub only accepts professional referrals. Young people between 17 and 25 can self-refer to Centre 33.

YOUUNITED is a partnership involving: Cambridgeshire and Peterborough NHS Foundation Trust, Cambridgeshire Community Services NHS Trust, Centre 33, and Ormiston Families. Young people have been instrumental in helping co-design the service.





Referral information

The following information is for briefing purposes only and links can change. For the most up-to-date information visit the [referral information for professionals page on the CPFT website](#).

From 1 July 2021, YOUnited will provide emotional wellbeing and mental health help for children and young people aged 0 to 25 registered with a GP in Cambridgeshire and Peterborough.

From 1 July 2021, YOUnited will be used for all referrals to CPFT's Child and Adolescent Mental Health Services (CAMHS).

YOUnited help - 0 to 17

The YOUnited integrated hub accepts referrals from all professionals working with children and young people up to the age of 17 with emotional wellbeing and mild, moderate or severe mental health needs.

YOUnited will also accept referrals for children and young people up to the age of 18 with a suspected eating disorder or with a neurodevelopmental diagnosis. (*Information about referrals for a new neurodevelopmental diagnosis is below*)

[Make a referral here](#)

YOUnited help - 18 to 25

Young people aged 18 to 25 with emotional wellbeing support needs can self-refer to [Centre 33 here](#) or to [Cambridgeshire, Peterborough and South Lincolnshire Mind here](#). GPs can make referrals for mental health assessments to [CPFT's Primary Care Mental Health Service](#).

YOUnited help for a referral for a neurodevelopmental diagnosis

Peterborough – YOUnited accepts referrals for assessment for children aged from 5 to 18 years-old.

[North-Neurodevelopmental-Referral-form-March-2021 \(1\).docx \[docx\] 197KB](#)

Cambridgeshire, Huntingdon and Fenland: YOUnited accepts referrals for assessment for young people of secondary school age. [CAMHS referral Jan 2020 Current](#)

Referrals for assessment for primary age children in Cambridgeshire, Huntingdon and Fenland should be made to [Cambridgeshire Community Service's community paediatricians](#).

Contacting YOUnited

Clinicians and administration staff are available 9am to 5pm, Monday to Friday (excluding Bank Holidays). Contact number for professionals only for discussion and consultation of non-crisis referrals: 0300 3000 830.

What to do if a young person is in crisis

If a young person is in mental health crisis contact CPFT's First Response Service by calling NHS 111 (option 2). People in Wisbech have not got the option 2 but can access the service via dialling 111. The call handler will then transfer them direct to the FRS (First Response Service) service.



Useful websites:

[Kooth](#) - An online mental wellbeing community offering free, safe and anonymous support

[Keep Your Head](#) - brings together reliable information on mental health and wellbeing for children, young people and adults across Cambridgeshire & Peterborough

[Chat Health](#) - A confidential text messaging service for young people aged 11-19. Run by the Cambridgeshire and Peterborough Healthy Child Programme, the service is available Monday to Friday between: 9.30am to 4.00pm. Simply text 07480 635 443 to start a conversation.



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