

## **Community Pharmacy and Children and Adolescent Mental Health Services (CAMHS) in Hampshire: Supporting Children and Adolescents at risk of suicide and self-harming**

Community pharmacy is well placed to support those who care for children and young adults (CYA) and to directly support young people who have difficulty with their emotional or behavioural wellbeing. Pharmacy teams often see parents or guardians of such young people on a regular basis and regularly provide prescribed medicines to those receiving treatment.

This area of mental health services is something that Community Pharmacy South Central (CPSC) is keen to explore further and we are already engaged with the specialist CAMHS team and a range of local pharmacies in the New Forest where we have developed a successful community pharmacy-based service that we are now planning to spread across other localities within Hampshire.

CPSC is therefore delighted to lend support to a repeat of the previously successful yearlong campaign that the CAMHS team in Hampshire initiated relating to youth suicide and self-harm. **Clearly, this remains an extremely important issue and we are asking for your help and support, albeit in a small way, that we think could help make a real difference.**

### **How can you help now?**

As part of the campaign the CAMHS team have developed resources to support practitioners who may come in contact with CYA in need of support. Sadly, a number of CYA with mental health issues go on to take overdoses and Community Pharmacy is well placed to help signpost such vulnerable children and young adults to providers of care and support.

**One such resource that has been developed is a small ‘business card’. The card lists the top organisations that can provide help and some useful ‘apps’.**

We hope that you might be able to place a small card container with these business cards alongside a small sign saying what it is and a “help yourself” message. The CAMHS team will be providing the containers and cards at no cost to the pharmacy. Cards can be ‘topped up’ as required.

We are not asking for you to take on the role of a specialist counsellor. We simply ask that you make these cards available and should you or your team become engaged in a conversation with a young person who is clearly in need of support that you make use of this resource to encourage them to seek help.

**Please do participate and support this initiative by actively displaying the cards in a suitable public facing position within your pharmacy healthcare zone area.**

*Contact for ordering replacement cards to restock your stand:*

- email [spnt.hantscamhsinnovation@nhs.net](mailto:spnt.hantscamhsinnovation@nhs.net)

A photographic image is attached to help you judge the size of the container and sign we are encouraging you to display and the small footprint that is required



Thank you in advance for your invaluable support.

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**Hampshire Child and Adolescent Mental Health Service**

Service supplied by Sussex Partnership NHS Foundation Trust

 **Community Pharmacy South Central**