



**Making Life
Better Together**



**South West London and
St George's Mental Health**
NHS Trust

Merton Child and Adolescent Mental Health Services (CAMHS) Early Years Service

Who are we?

Merton CAMHS Early Years Service is an early intervention service for children under the age of five. We support children for healthy emotional and social development.

What we do?

We are based in Merton CAMHS. We offer appointments with children, carers and families. We listen to you and your child. We also understand children through their behaviour and play.

We work with parents/carers to set goals together. We offer advice and support in understanding and improving concerns.

To get the best help for your child, we work closely with your GP and other professionals including nursery teachers and health visitors.

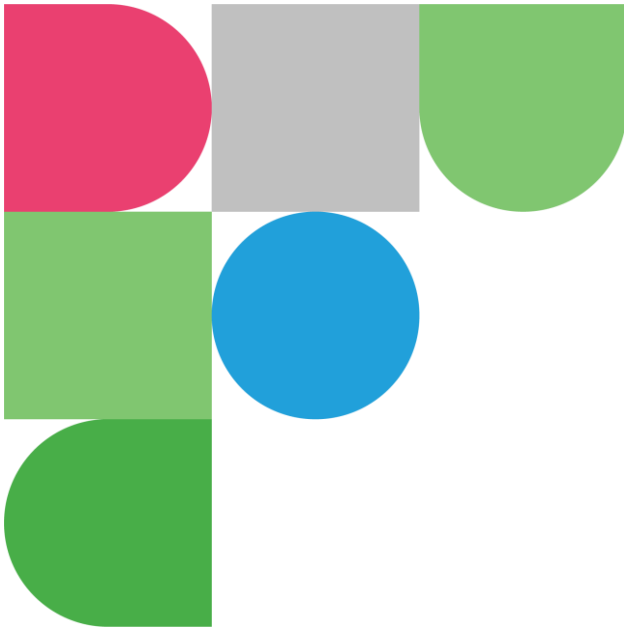
The most appropriate support plan for your child will be discussed at your assessment. We normally offer a face-to-face appointment at Merton CAMHS and observation at school if necessary.

Please note that we will not offer medication, diagnoses or diagnostic assessment (e.g. ASD or ADHD), but can make a referral to other professionals if required.

Examples of concerns and difficulties

Tantrum, relationship difficulties, challenging behaviours, anxiety, prolonged outbursts...





How can you contact us?

If you are concerned and things are not getting better, you can talk to your GP, health visitor, or any professional working with your child and ask for a referral to the Early Years Service. After the referral is received, we will contact you to discuss further.

Translators are also available to help across CAMHS services.

Confidentiality

Everyone who attends our service has a right to privacy and we would not share information without your permission.

We also have a legal responsibility to protect you and others from harm, therefore there may be things that you tell us that we have to share with others, such as serious risk to your own and others' safety and serious criminal activity.

In those circumstances we would aim to inform you first and only share only information which is needed.

If you have any concerns whilst on the waiting list or in-between appointments, you can phone the service Monday-Friday, 9am-5pm, and ask for the clinician who will get back to you.

Please note we are a community service and are therefore not able to offer urgent appointments or provide an emergency service.

Address: Birches House, Birches Close, Cricket Green, Mitcham, CR4 4LQ

Telephone: 0203 513 6062

Feedback

There are lots of ways you can give us feedback:

- You can talk to our Patient Advice and Liaison Service (PALS) by calling 0203 513 6150 (Monday - Friday 9.30am to 4.30pm) or emailing pals@swlstg.nhs.uk.
- You can complete our anonymous Feedback Live! Survey: feedback.swlstg.nhs.uk. The questions on the survey have been co-produced with service users, carers and staff and is a live system.
- You can make a compliment or share positive feedback about any aspect of our services by emailing complimentsandpositivefeedback@swlstg.nhs.uk.

Helpful resources and contacts

LD/Neurodiversity:

- **Neurodiversity in Early Years (Anna Freud)**
<https://www.annafreud.org/early-years/early-years-in-mind/resources/a-guide-to-neurodiversity-in-the-early-years/>
- **Beyond Autism**
<https://www.beyondaugism-earlyyears.org.uk/>
- **Merton Mencap**
supporting people with a learning disability and/or autism, and their parents and carers.
<https://www.mertonmencap.org.uk/>

Challenging behaviours:

- **Parents' A-Z mental health guide**
<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>
- **Working with families facing challenges (Anna Freud)**
<https://www.annafreud.org/early-years/early-years-in-mind/working-with-families-facing-challenges/>
- **A guide for parents and carers challenging behaviour (Young Minds)**
<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/>

Sleep:

- **Cerebra sleep guide:**
<https://cerebra.org.uk/download/sleep-a-guide-for-parents/>

Race:

- Helping young children to think about race in the early years (Anna Freud)
<https://www.annafreud.org/early-years/early-years-in-mind/resources/helping-young-children-to-think-about-race-in-the-early-years/>
- Talking with children and young people about race and racism (Red Cross)
<https://www.redcross.org.uk/get-involved/teaching-resources/talking-with-children-and-young-people-about-race-and-racism>

Bereavement:

- **Child Bereavement UK**
<https://www.childbereavementuk.org/early-years>

Local services:

- **Family Services Directory**
You can search local family support and parenting in Merton
<https://directories.merton.gov.uk/kb5/merton/directory/family.page?familychannel=4>

Books:

The Reading Well site has a list of helpful books in their Books on Prescription section. Select 'Children' for the full list. Go to www.reading-well.org.uk

Parenting Strategy Book by Carolyn Webster-Stratton **The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 3-8 Years**

Useful videos:

Education Wellbeing Service - SWLSTG - YouTube:
<https://youtube.com/@educationwellbeing-service>

Family Lives:

Various online resources including online parenting courses.
<https://www.familylives.org.uk>

50 Things To Do Before You're Five:

Activities you can do with children
<https://bradford.50thingstodo.org/app/os#>

Early Movers:

Practical ideas for physical activities to help with babies and young children's physical development.
[Helping under-5s live active and healthy lives — Early Movers](#)

Helplines:

- **In an emergency, call 999** any time, any day
- **SLP CAMHS Crisis Line 0203 228 5980**
Monday to Friday 9am-11pm
365 days a year. It is open to a child or young person, or a parent/carer concerned about a young person's mental health.
- **24/7 Mental Health Crisis Line 0800 028 8000**
It is open 24/7 to everyone both children and adults of all ages, and to people who haven't previously accessed mental health services.
- **Children and Families Hub 020 8545 4226/4227** (9am to 5pm) / **020 8770 5000** (Out of hours)
Contact for advice if you believe your child or someone you know or yourself is at risk.
- **NHS 111** any time, any day
- **NHS out of hours crisis line 0800 731 2864** any time, any day
- **Family lives UK parent helpline 0808 800 2222** Open Mon-Fri 9am-9pm
- **AFC (Anna Freud National Centre for Children and Families) Crisis Messenger. Text AFC to 85258** any time, any day