

Reference:	FOI.20019.26
Subject:	Mental Health Services
Date of Request:	26 March 2026

Requested:

1. Does your Health Board provide any mental health services for under 18 year olds (e.g. CAMHS)?
2. If you do not, please reply stating that you do not provide mental health services for under 18 year olds and none of the other questions of this FOI are required as they are not relevant.
3. If you do provide mental health services for under 18 year olds:
 - a. What is the age brackets for the mental health services for young people before they move to adult services (for example 0-18 year olds or 0-25 years old)?
 - b. What do you call this service (for example Child and Adolescent Mental Health Services (CAMHS) or if there is a specific name you use)?
 - c. What methods of referral do you accept (for example- referrals from GPs/schools)?
 - d. Are self referrals an option? If so what are the requirements (e.g. minimum age)?
 - e. What is your method of advising patients of appointments (e.g. text/post)?
4. I would also like to request a blank document of the following forms:
 - a. The form used by GPs/schools to refer a young person
 - b. The form used if a young person is referring themselves
 - c. Any forms that are provided at the first appointment for the young person/parent to fill out in regards to contact information, preferences of methods of contact, who is attending the appointments etc
 - d. Any relevant forms to indicate who is attending the appointment/aware of the referral (young person/their guardian/both) and which of the two should be contacted and if there is a preference of contact method

Response:

1. Hywel Dda University Health Board (UHB) confirms it does provide Mental Health Services to under 18 year olds.
2. Not applicable.
- 3a. For young people, the age bracket the UHB provides mental health services to is 0 - 18 years old, before an individual would move to the adult services.
- 3b. The UHB confirms the Mental Health Service for young people is called Specialist Child and Adolescent Mental Health Service (SCAMHS)

3c. Please find below a list of referral methods accepted by the UHB:

- General Practices (GPs)
- Paediatric services
- Accident and Emergency (A&E) staff
- Health Visitors
- Child Health
- School Nurses
- School Counsellors
- Social Workers
- Police
- Choices (Drug and Alcohol Service)
- Youth Offending Service
- The UHB's own practitioners via the Schools In-Reach 'SiR' Service

3d. The UHB confirms it does not currently accept self-referrals

3e. The UHB confirms patients are contacted via telephone to book their initial appointment, this is then followed by written correspondence, such as letter, email and text.

4a. The UHB provides a copy of the referral form used by GPs/schools to refer a young person to SCAMHS, at Attachment 1.

4b. Not applicable.

4c. The UHB does not hold the information requested. This information is normally collected during initial contact, known as the Single Point of Contact. The UHBs system would then be updated to reflect their preferences. If the family is not available during initial contact attempts, the relevant team's administrative support will continue to attempt contact to arrange an initial appointment and seek these preferences. The UHB has also recently developed a QR code which is intended to capture SCAMHS Consent and Equality Monitoring via a form. This QR code will be included on the UHBs appointment for assessment letter which is currently being translated.

4d. The UHB confirms correspondence options are discussed with families, privacy and consent is taken into consideration with every referral. There are times when it states on the referral that the child does not wish for their parent/carer to be aware of the referral. In this instance, the team will discuss and apply the Gillick competence where appropriate. However, these cases are typically rare.