

THE TEAM



James

Service Lead & Consultant
Clinical Psychologist



Amanda M

Clinical Lead & Senior
CAMHS Practitioner



Charlotte A

Child & Adolescent
Psych therapist



Jo

Counselling
Psychologist



Charlotte W

Advanced Therapeutic
Social Worker



Susana

Senior CAMHS
Practitioner



Kate

Clinical
Psychologist



Amanda R

Advanced Therapeutic
Social Worker



Joana

Assistant
Psychologist

Our team includes professionals with a range of different skills. We provide assessments, emotional wellbeing advice, individual and group therapies, and mental health risk support. We also work with carers and the professionals who support you.

CONTACTS & RESOURCES

If there is a physical or mental health emergency, you can go to your closest A&E.

STARLAC
(Monday-Friday,
9am-5pm)

0161 779 7832

mft.salford-camhs-
caredforchildren@nhs.net

If you are concerned about immediate risk of harm - either to yourself or someone else.

EMERGENCY

999

NHS (non-emergency)

111

Police (non-emergency)

101

If it's not an emergency but you need urgent or out-of-hours advice

AUTISM

National Autistic Society: autism.org.uk

Autistic Girls Network: autisticgirlnetwork.org

Autism Understood: autismunderstood.co.uk

ADHD

The ADHD Foundation: adhdfoundation.org.uk

ADHD UK: adhduk.co.uk

PEER SUPPORT & SOCIAL OPPORTUNITIES

Spectrum Gaming (8-17): spectrumgaming.net

I Am Autism (10+): i-am-autism.org.uk

Tellmi App: on App Store and Google Play

NHS commissioned, fully moderated peer support app for young people with ASD

MENTAL HEALTH & WELLBEING

happymaps.co.uk (offers useful self-help sites, apps and books)

camhs-resources.co.uk (resources for support around mental health and wellbeing)

Salford City Council

NHS
Manchester University
NHS Foundation Trust



**SALFORD CAMHS FOR
CARED FOR CHILDREN
(STARLAC)**

WHO ARE WE?

We are a service that provides **mental health support** to children and young people who are Cared for by Salford City Council, as well as their carers and the professionals that support them.

Our office is at Unity House, right next to the Salford Civic Centre. However, if you use our services, we'll meet you at **Pendleton Gateway** or **Swinton Gateway**.

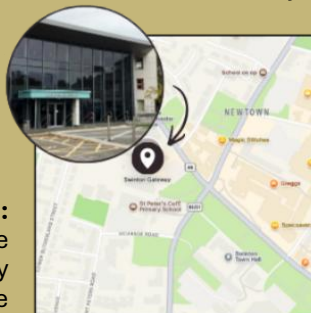
We can also provide **online appointments**, if that works better for you!



Address:
Pendleton Gateway
1 Broadwalk,
Salford
M6 5FX

By Bus:
36/37/38 from city centre
50/53 from Media City or
Salford Quays

Address:
Swinton Gateway
100 Chorley Rd,
Swinton
M27 6BP



By Bus:
36/37/38 from city centre
29 from Media City
22 from Eccles Interchange

HOW TO ASK FOR HELP

If you think you need our help, please speak to your **Social Worker** or an **adult who looks after you**, so they can contact us.

If you are **13 or older**, you can also call the **STARLAC number** (0161 779 7832, Mon-Fri, 9-5) and a member of our team will talk with you and take a referral.

WHERE ARE WE?

1-1 SUPPORT

If it would be beneficial for you to spend some time with a member of our team, we can offer you an **individual appointment** to begin an **assessment**.

We offer appointments **in person** at Pendleton Gateway, **in the community** in Salford, and **online**, depending on your situation.

WHAT CAN WE OFFER?

THE ACE CLUB

An **8-session, after school club** full of fun activities that will help you become more **Assertive, Confident and Aware**.

It's for young people aged **8-13 years old** who would like help with:

- Understanding emotions
- Being able to have better relationships
- Being able to talk to safe adults
- Being more confident

SUPPORT TO YOUR NETWORK

Sometimes the best way to help you is by **supporting the adults around you** (like your carers, social worker, and teachers) so they can better support you every day, which can often be more helpful in the long run than weekly sessions with our team.

THE I-START PATHWAY

As part of our work, we carry out a yearly check-up to look at the emotional health and wellbeing of all young people cared for by Salford City Council.

Here's how the process works:

Completing the SDQ is required from your carers but, once you turn 16, it's your choice whether to continue with the other parts of the assessment.

1

Your carers will fill out **2 questionnaires:**

- Strengths and Difficulties Questionnaire (**SDQ**)
- Assessment Checklist for Children/Adolescents Plus (**ACC+/ACA+**).

Based on their responses, we will decide **whether more assessment or support is needed:**

- If not, we will **write a report** to share with the professionals supporting you and review again in a year.

OR

- Your carers may be asked to **fill out a further questionnaire**, and a member of the team may arrange to meet with your social worker and carer to gather **more information**.

2

3

- If support is required, this will be arranged and can include **support to your carers, and therapy or risk support** to you.