

EXPLAINING - SINGLE POINT OF ACCESS (GETTING HELP) AND CYPS (GETTING MORE HELP)

There are multiple elements of the Children and Young People's Mental Health Service (often called CYPS for short). We've heard that both families and for professionals feel confused about what the difference is and what that means for the family.

What is the Single Point of Access (Getting Help) offer?

Getting Help is the overarching service that oversees the Single Point of Access and provides short term interventions for things like anxiety, low mood and emotional or behavioural regulation.

Support from the Getting Help service will come in the form of help from one of the providers commissioned by CYPS that sit in the service, including:

- Kalmer Counselling
- Barnardo's Independence Project
- Streetwise
- North East Counselling
- Barnardo's Orchard Mosaic
- Kooth
- Children North East

Or you could be signposted to another support service sitting outside of Getting Help, for example RISE.



JUST TO CLARIFY

When a child gets help from a Getting Help service (see above) this does not mean they are being assessed by Getting More Help (see box to the right) as these are separate services.

What does the Single Point of Access do?

It is the referral point for young people (0-18) in Newcastle requiring support as described above in Getting Help, and they will decide whether or not your child needs Getting More Help (Tier 3 / Tier 4) which includes assessments in:

- Neurodevelopmental: ADHD and Autism
- Learning Disability: With mental health need
- Community Eating Disorder
- Mental Health: Assessments and Interventions

For more information see

www.cntw.nhs.uk/services/children-young-peoples-service-newcastle-gateshead