



1-2-1 REFERRAL

Tavistock Youth Café

www.tavistockyouthcafe.com

Young person's name:

Gender (optional):

Pronoun:

Address:

Young person's date of birth:

Young person's contact number:

Parent/Carer name:

Parent/ Carer mobile number:

Parent/Carer landline number:

Information about the referral

Please give us some information about the need for support, this can be as long or short as you like, but a bit of information will help us to understand what we can do to help. (Please use the blank page at the end of the document if needed).

Name of school or college:

Year group:

Head of Year

Please tick below:

- Full time education
- Reduced timetable
- Home-schooled

Previous support received by young person:

- CAMHS
- Young Devon
- School/College mentoring

We will be in touch with you soon to discuss your referral in more detail.

Best Wishes,

Vicki Lloyd-Walsh

Tavistock Youth Café Manager & Health and Wellbeing Coach

Please email completed forms to: referral.tavistockyouthcafe@gmail.com

Office admin use only – please leave blank*

Date referral received:

Referral made by:

- GP
- Parent Carer
- School/College
- Social services
- Other agency – please state:

You can find out more information about Tavistock Youth Café and the sessions and projects we run by visiting our website: www.tavistockyouthcafe.com

Useful links:

Please see link for **CAHMS** crisis line if you are concerned about a young person.

[Crisis support from CAMHS - Devon Childrens' and Families Partnership \(dcfp.org.uk\)](http://www.dcfp.org.uk)

PAPYRUS - If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 0684141

Text: 07860039967

Email: pat@papyrus-uk.org

YOUNGMINDS – Resources to help understand more about how you're feeling and find ways to feel better, or if you want to support someone who's struggling.

www.youngminds.org.uk/

STEM 4 - digital resources for parents/carers and pioneering mental health apps for young people.

www.stem4.org.uk

