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**2 May 2023**

Dear General Practitioner,

LLR ICB has commissioned DHU Healthcare to provide a new self-referral website to support the mental health of children and young people living in Leicester, Leicestershire, and Rutland.

The website is now live at [https://www.myselfreferral-llr.nhs.uk](https://www.myselfreferral-llr.nhs.uk/) and is aimed at children and young people under the age of 18, their parents or carers looking for mental health information, support and the ability to complete a self-referral.

As part of a phased roll out, we request that GP practices promote this service to CYP that would otherwise be referred to the service via GP PRISM between now and 23 May. After 23 May the service will be promoted to the public. The website can then be added to your practice website and patients messaged with a link to the service.

**About the service**

DHU Healthcare's Children and Young People's Mental Health team, consisting of mental health clinicians and support staff, developed the website in collaboration with young people and NHS partners. 'My Self-Referral' is a new, simple and confidential way for young people to refer themselves for support for non-urgent or crisis cases without needing to see a GP or healthcare professional.

The website is user-friendly and accessible, with information, tips and signposting to resources that help children and young people manage and take care of their mental health. It begins by explaining more about mental health, with 16 buttons for common mental health conditions such as anxiety or depression. Each button provides the child or young person with further information about that condition, some tips for self-help and then an opportunity to self-refer and access details of specialist organizations.

Due to the complexity of some conditions and a requirement for supporting information, 'My Self-Referral' cannot accept self-referrals for neurodevelopmental conditions, eating disorders and substance misuse. Those referrals will continue to go through GPs. However, 'My Self-Referral' will accept requests for support for associated symptoms such as anxiety or depression.

DHU Healthcare and NHS providers recognize that mental health issues among young people are on the rise, particularly following the pandemic. This website will make it easier for young people to access the support they need, when they need it.

Thank you for your attention to this important matter. If you have any questions or concerns, please do not hesitate to contact us.

**Interested in learning more?**

Martin Reeves, DHU Healthcare’s Clinical Service Lead, will be holding a Q&A Drop-in Session on 9th May from 1230pm to 2pm. You can access the Teams session via the link <https://bit.ly/MyReferralWebsiteLLRDropIn>

**Attached are two leaflets with information on the service – one for Primary Care providers and the other for patients.**

Yours faithfully,

Geraldine Burdett Martin Reeves  
LLR ICB, Mental Health Services Manager CYP DHU Healthcare, Clinical Service Lead