

## Who is the service for?

SPoA accepts referrals for children and young people from the age of four up to a young person's 18th birthday. The young person must also be registered with a West Sussex GP, whilst recognising and working within NHS CHOICE regulations (please note. YES will accept referrals for young people who live in West Sussex or go to a West Sussex school).

All Autistic Spectrum Condition (ASC) and ADHD (neurodevelopmental) referrals need to continue via the current referral routes, unless there is a mental health or emotional wellbeing concern separate to this. Referrals for young people with eating disorders should be made directly to the Sussex Family Eating Disorder Service (SFEDS).

## Other Support

### [sussexcamhs.nhs.uk](https://sussexcamhs.nhs.uk)

mental health information, advice and resources for young people, parents/carers and professionals.

### [westsussex.gov.uk/yourmindmatters](https://westsussex.gov.uk/yourmindmatters)

local information, self-serve advice and training for young people and families.

## Contact us

If you are unable to complete the online referral form or have any questions about a referral, please email:

[WestSussexSPOA@spft.nhs.uk](mailto:WestSussexSPOA@spft.nhs.uk)

For more information about the service, go to:

[sussexpartnership.nhs.uk/west-sussex-spoa](https://sussexpartnership.nhs.uk/west-sussex-spoa)

## Follow us on social:

 [@our\\_mh\\_space](https://twitter.com/our_mh_space)

 [@our\\_mh\\_space](https://www.instagram.com/our_mh_space)

This document is available in alternative formats on request, such as large print, electronically or another language.

Please contact:

[communications@spft.nhs.uk](mailto:communications@spft.nhs.uk)



West Sussex  
Single Point of Access

Emotional wellbeing and  
mental health support for  
children and young people

# Single Point of Access

The West Sussex Single Point of Access (SPoA) is a dedicated service which provides a simplified single route to access specialist emotional wellbeing and mental health support.

The SPoA helps direct you to the right service at the right time, eliminating the need for you to refer to multiple services. Led by Sussex Partnership NHS Foundation Trust, the service is delivered in partnership with West Sussex County Council's Youth Emotional Support Service (YES) and YMCA Dialogue. e-wellbeing is the digital front door for West Sussex SPoA.

## Who can refer to SPoA?

Anyone - children, young people, parents, carers, families, GPs and other professionals.

## How does it work?

The SPoA consists of a team of clinical and administrative staff. All referrals received are triaged (processed) by SPoA within 72 hours.

Referrals that meet the criteria for SPoA will be directed to the most appropriate service to offer treatment and support. The service may offer advice, intervention work, a patient care plan, or a specialist assessment. In some cases, there may also be input from other services too, such as Healthy Child programme or Winston's Wish.

If your referral does not meet the criteria for SPoA, you will be signposted to other services for support, such as Early Help, Health Visitors and specialist services.

This process helps to ensure that the first appointment you have is with the right service.

## Making a referral

Go to [e-wellbeing.co.uk/support](https://e-wellbeing.co.uk/support) and complete the referral form, providing a clear description of the mental health need and the help or advice you are seeking.

Send referral to SPoA via online portal [e-wellbeing.co.uk/support](https://e-wellbeing.co.uk/support)



SPoA triage the referral

OR

Referred to specialist service within SPoA

Signposted to partner organisation for support

First appointment