



East London

NHS Foundation Trust

Information Governance

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London

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Website: <https://www.elft.nhs.uk>

9th July 2026

Our reference: FOI DA6543

We are responding to your request for information received 25th March 2026. We are sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

We are now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact us on the contact details above if you have any further queries.

Yours sincerely,

FOI Team

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113

Web: www.ico.org.uk

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention



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Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request:

Question 1: Does your NHS trust provide any mental health services for under 18 year olds (e.g. CAMHS)?

Answer: Yes

Question 2: If you do not, please reply stating that you do not provide mental health services for under 18 year olds and none of the other questions of this FOI are required as they are not relevant.

Answer: Not applicable

Question 3: If you do provide mental health services for under 18 year olds:

- **What is the age brackets for the mental health services for young people before they move to adult services (for example 0-18 year olds or 0-25 years old)?**

Answer: 0-18 year olds

Question 4: If you do provide mental health services for under 18 year olds:

- **What do you call this service (for example Child and Adolescent Mental Health Services (CAMHS) or if there is a specific name you use)?**

Answer: Child and Adolescent Mental Health Services (CAMHS)

Question 5: If you do provide mental health services for under 18 year olds:

- **What methods of referral do you accept (for example- referrals from GPs/schools)?**

Answer: The Trust has reviewed question 5 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.

The information requested is accessible here:

<https://www.elft.nhs.uk/camhs/referrals>

Question 6: If you do provide mental health services for under 18 year olds:

- **Are self referrals an option? If so what are the requirements (e.g. minimum age)?**

Answer: CAMHS no longer accepts self-referrals.

Question 7: If you do provide mental health services for under 18 year olds:

- **What is your method of advising patients of appointments (e.g. text/post)?**



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Answer Appointment communication is managed through a combination of telephone, written correspondence and SMS reminders as outlined below:

Initial appointments:

- Where an appointment is offered via telephone, this is followed by an appointment letter.
- Where an appointment is offered via letter, written confirmation is provided directly.

In all cases an SMS reminder is issued approximately four days prior to the appointment.

Follow-up appointments:

- Appointment dates are typically agreed between the clinician and the young person and/or parent/carer during the assessment/treatment session.
- Confirmation may be provided via appointment letter where required.

An SMS reminder is issued approximately four days prior to the appointment. This approach is designed to ensure clear communication and minimise missed appointments.

Question 8: I would also like to request a blank document of the following forms:

- The form used by GPs/schools to refer a young person
- The form used if a young person is referring themselves
- Any forms that are provided at the first appointment for the young person/parent to fill out in regards to contact information, preferences of methods of contact, who is attending the appointments etc
- Any relevant forms to indicate who is attending the appointment/aware of the referral (young person/their guardian/both) and which of the two should be contacted and if there is a preference of contact method

Answer

- The form used by GPs/schools to refer a young person

Referral forms are publicly available on the ELFT website:

<https://www.elft.nhs.uk/health-professionals/information-gps/referral-forms>

- The form used if a young person is referring themselves

CAMHS no longer accepts self-referrals.

- Any forms provided at first appointment / contact preference / attendance forms:

Here is the link to those forms that are publicly available on the ELFT website

[North Bedfordshire CAMHS | East London NHS Foundation Trust](#)
[CAMHS Crisis Support | East London NHS Foundation Trust](#)

For the remainder, please see appendix one



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