



Wellbeing while waiting: evaluating social prescribing in CAMHS



Young people referred for NHS mental health support face long waiting lists, and up to three quarters will experience deterioration in their mental health while waiting. Social prescribing - non-medical forms of community support such as skills development, peer support, and social or cultural activities - could help young people in this situation. Current evidence indicates that many children and young people are not currently engaging in social prescribing.

What are we doing?

This partnership project will develop and evaluate a new social prescribing care pathway for young people aged 11-18 who are on Child and Adolescent Mental Health Services (CAMHS) waiting lists. Our work will involve designing, running a service trial and assessing how this service could be rolled out across multiple CAMHS sites.



How will it help?

Working with 10 NHS sites across England, our three-year goal is to have a fully developed and tested model that can be scaled nationally to help many more young people. We will also develop an implementation model, and share our findings with policymakers, health practitioners and researchers.

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