CAMHS TIER 2 NEWSLETTER

Issue 4, Autumn 2026

NHS Lothian

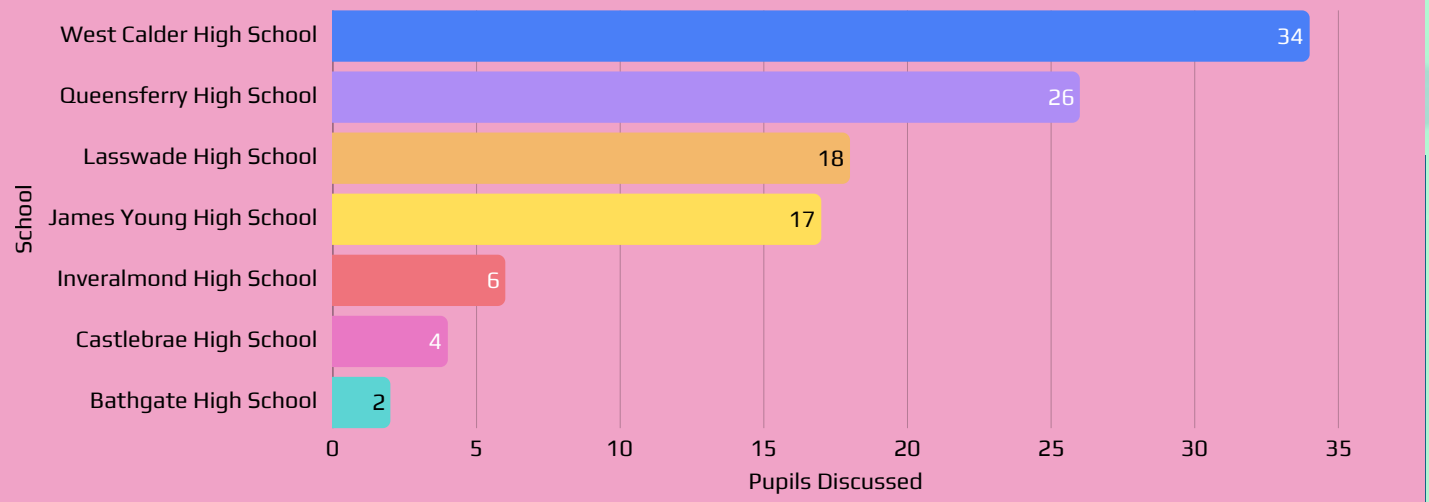
This newsletter is intended as an update on the service for NHS colleagues and key stakeholders.

Welcome to our 4th Newsletter and celebrating our 5th year of Tier 2 CAMHS
With some lovely and encouraging feedback from our General Manager, Mike Reid.
"Tier 2 continues to deliver very impressive community facing signposting, consultation and other interventions which we are looking to develop."

IN THIS EDITION:

- In School Consultations
- Tier 2 Webinar to Schools
- Consultation Line then and now
- In school training
- Parting feedback
- 2 Stars and a Wish!

Over the past 12 months, we have run a pilot, offering 'in school consultation' to a small number of secondary schools.



*Note - start dates in schools have been staggered hence some difference in numbers

Some feedback we have had from schools:

- 'This has been invaluable to us as a school. I hope it is able to continue. This week it was a struggle to fit everybody in who wanted to see you both. All the info you are sending over is incredibly useful and I have been using it regularly with parents.
- It has been an incredible addition to the support we can provide in school and we would be very keen for it to continue."

Exciting expansion to In School Consultation

- Following our initial trial, we are expanding our in-school consultations.
- In the 2026/2027 academic term we will be starting in Bathgate, Winchburgh, Ross High School and Knox Academy

In School Training

We have also delivered a small number of in school training sessions over the year which have been well received.

If your school or service is interested in training opportunities then we can offer training in the following:

- Emotional Regulation
- Self Harm
- Suicide Awareness
- Low mood

CAMHS TIER 2 TRAINING & CAPACITY BUILDING:

Tier 2 Consultation Line - Then and Now:

Our Consultation line is in its third year! Year on year we have seen an increase in calls and while we continue to have capacity to grow we are so glad professionals are utilising the consultation line more and more!

Across the service from July-June 2024/25 to July-June 25/26 we have had a **26%** increase in calls

2024/25 - 395 calls

2025/26 - 499 calls

A Note from a Tier 2 Colleague in the Edinburgh Team...

Tier 2 clinicians continue to develop and shape the service. Some of our team have piloted school-based consultation, training for schools, and networking with partner agencies (GPs, 3rd sectors, schools). We are hopeful that these capacity building opportunities can be expanded with upcoming new posts!

We're lucky to work closely with Tier 2 East, Mid and West Lothian teams. It allows for valuable shared learning, consistency and connection. Despite vacancies, I enjoy being part of a supportive and welcoming group, and grateful for support from colleagues in Tier 3 too!

Tier 2 Webinar for Mental Health Referrals

We were delighted to deliver six Mental Health Referral Refresher webinars for school staff across Edinburgh, East Lothian, Midlothian and West Lothian this September, reaching 148 professionals. Feedback from the 36 attendees who completed an evaluation was incredibly encouraging. 97% of respondents reported feeling more confident in making referrals to CAMHS following the training, with the vast majority also finding the session helpful and relevant to their role. Participants told us they would be able to use the information in their day-to-day practice, and most indicated a preference for future training to continue in a webinar format. Many attendees also felt it would be beneficial for the training to be offered on a regular basis, and there was strong interest in additional learning opportunities, particularly around neurodevelopmental referrals and assessment pathways. Thank you to everyone who attended and shared their feedback, which will help us shape future training and support offers.

Our 2 Stars and a Wish:

- To all those school staff who attended the Webinar
- To the staff in Tier 2 working collaberatively
- For other professionals to increase their use of our capacity building resources