

How we work

We are available 9-to-5, 7 days a week, 365 days a year. We can work with you in your home, in local CAMHS clinics and in other community settings.

We will normally allocate two clinicians to support you. They will take the time to get to know you and develop an understanding of you and your family's needs.

Every four weeks we will hold meetings with you, your family and the other professionals supporting you to review your care plan.

24 hour crisis line

Out of hours you can contact NHS 111 for 24 hour mental health crisis support:

- Call 111 and select 'option two'

Web: www.elft.nhs.uk/camhs/where-we-work/east-london-camhs-iccs-intensive-community-care-service



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.
We care . We respect . We are inclusive

ICCS

East London Intensive Community Care Service

Patient information leaflet



Who we are

ICCS provide intensive support to children and young people experiencing a mental health crisis, who live in the London boroughs of Newham, Hackney and Tower Hamlets.

We work alongside your community CAMHS team to provide an increased level of contact when it is most needed, providing an alternative to hospital admission.

We also support young people who have spent time in hospital, to support their discharge and help with the transition back to the community.

What we offer

We will collaborate with you, your family and your CAMHS team to develop a care plan tailored to the unique needs and goals of you and your family.

We have a multidisciplinary team trained in a range of different therapeutic approaches.

The interventions we can offer include:

- Psychiatric assessment and medication management
- Risk assessment and safety planning
- Relapse prevention work
- CBT and DBT informed interventions for self-harm, depression, and anxiety
- CBT for psychosis

- Family therapy and parenting support
- Occupational Therapy assessment and support
- Social prescribing and help to find meaningful & fulfilling activities
- Liaison with school and help to return to education
- Signposting to advice services & community resources

Once you start working with ICCS, you will be provided with the work mobile number of your allocated clinicians and the number for the duty clinician covering weekends. These numbers are contactable Monday - Sunday 9am-5pm.

