

Frequently Asked Questions (FAQs)

CAMHS over 5's Neurodivergent Pathways.

For Children and Young People

Key Messages

- ✓ You can still get help from CAMHS if you have a mental health difficulty that requires specialist support.
- ✓ Being autistic, having ADHD or being neurodivergent does not stop you getting help from CAMHS.
- ✓ If you already receive support from CAMHS, your care will continue.
- ✓ The change only affects referrals that are solely for autism or ADHD assessments where there is no specialist mental health need.
- ✓ Organisations in Sandwell will continue working together over the next three months to further improve local pathways.

1. What is changing?

From 1 August 2026, CAMHS in Wolverhampton and Sandwell has returned to the agreed service specification.

CAMHS will continue to support young people with mental health difficulties that need specialist treatment.

2. What hasn't changed?

Lots of things are staying the same:

- You can still get help from CAMHS if you have mental health difficulties that need specialist support.
- Being autistic, having ADHD, or being neurodivergent does not stop you getting support.
- If you already have a CAMHS worker or therapist, your support will continue.
- CAMHS will continue to support young people experiencing anxiety, low mood, self-harm, eating difficulties and other mental health challenges.
- Help remains available if you need urgent mental health support.
- CAMHS will continue to work with schools, GPs and other services to support young people.

3. Can I still get help from CAMHS if I am autistic or have ADHD?

Yes.

Many young people who receive support from CAMHS are autistic, have ADHD or have other neurodevelopmental differences.

You can still access CAMHS if you have a mental health difficulty that needs specialist support.

4. Does this mean CAMHS thinks autism or ADHD are not important?

No.

CAMHS recognises that autism and ADHD can have a significant impact on young people's lives and remains committed to working with partners to improve local support and pathways.

The change is about making sure young people access the right service for the help they need.

5. What if I want an autism or ADHD assessment?

The arrangements for autism and ADHD assessments may be different depending on where you live.

CAMHS will not routinely accept referrals that are only for autism or ADHD assessment where there is no specialist mental health need.

6. What if I don't have a diagnosis yet?

You do not need an autism or ADHD diagnosis to access CAMHS.

If you have significant mental health difficulties, you can still be referred for support.

7. What if I am feeling anxious, low, overwhelmed or struggling?

You should still ask for help.

Talk to:

- A parent or carer
- Your GP
- School or college staff
- A trusted adult
- A health professional already involved in your care

8. What if I already have appointments with CAMHS?

Nothing changes.

You should continue to attend your appointments and work with your CAMHS team.

9. Will I lose my support because I am autistic or have ADHD?

No.

Support is based on your needs and not whether you have a neurodevelopmental diagnosis.

10. What happens if I was referred for an autism or ADHD assessment?

The service involved with your referral will let you know what happens next and which pathway is most appropriate.

11. Who should I talk to if I am worried?

You can talk to:

- A parent, carer or family member
- A teacher or member of school staff
- Your GP
- A CAMHS worker if you already have one
- Another trusted adult

12. What is happening in Sandwell?

Organisations in Sandwell will continue working together over the next three months to improve pathways and make sure young people receive the right support in the right place.

13. Why wasn't everyone told sooner?

A formal written update should have been shared more widely before the change took place.

We apologise for this oversight and want to make sure young people, families and professionals have clear and accurate information about the current arrangements.

14. What should I remember most?

- CAMHS is still here to help young people with significant mental health difficulties.
- Being autistic or having ADHD does not stop you getting help.
- Existing support will continue.
- If you are struggling, please ask for help.