Dr Esther Sabel is a Consultant Child and Adolescent Psychiatrist who completed her specialist training at the Tavistock Clinic, London.  Since then, she has been providing clinical leadership to the CAMHS Crisis Team in Hertfordshire, working on the front line, treating young people and their families, within the acute hospital setting, typically following self-harm or suicide attempts.  She has an interest in multi-agency work, paediatric liaison and policy work.  She was one of the authors of the Royal College of Psychiatrists’ Guidance on Management of Self Harm in Young People in 2014.  She was also a member of the Expert Reference Group for the recent National Collaborating Centre for Mental Health (NCCMH) competency framework for self- harm and suicide prevention in children and young people.  She has presented at a number of conferences on Self harm and crisis management for young people.

In her early career, following graduating from Manchester Medical School, she has worked as a junior doctor in the Emergency Department in both London and Sydney, as well as in other medical and surgical specialties, prior to training in psychiatry. She is a postgraduate Clinical Tutor, Educational and Clinical supervisor and an Assistant Professor at St George’s Medical School as well as being an approved examiner for the Royal College of Psychiatrists.

In her free time she enjoys outdoor pursuits and travel as well as speaking French.