

Useful contacts

CHILDLINE—A free and confidential telephone support service for children and young people.
Tel: 0800 1111 www.childline.org.uk

Young Minds—Information about emotional wellbeing and mental health for young people.
www.youngminds.org.uk

Contact Youth Lifeline – A free and confidential telephone support service for children and young people. Tel: 080 8808 8000 www.contactyouth.org

Www.teenmentalhealth.org etc etc

Where to find us

Address map contact info etc

Welcome to

Specialist Child and Adolescent Mental Health Services


CAMHS

Who is this leaflet for ?

*It's for young people
who have been referred
to Derbyshire CAMHS*

*Oh right what's it
supposed to do?*

**It's to help you understand
about CAMHS and what will
happen when you go for your
appointment**



THE IMPORTANT THINGS TO REMEMBER ARE?

- We want to help you feel better
- Lots of young people come To CAMHS for different reasons
- We won't tell anyone you don't want us to
- Anyone can have mental health

Our promise to you

Assessment—we will find out what your needs are

Care Planning—you will have a clear plan about your care

Review—we will check that things are working for you

Coordination—you will have a named worker

Discharge and Transfer—you will be fully involved in any decisions about your discharge or transfer to other services

Family & Carers—we will include your family and carers in your care if appropriate

Involvement & Choice—you will be involved as much as you want and are able to be

Safe Plans—we will help you and others keep safe and manage any risks

To find out more about our core care standards visit
www.corecarestandards.co.uk

What happens after my appointment ?

If we agree together that coming back to CAMHS might be helpful we will book another appointment. This is so we can start to work together with you and your family. This is not usually with the same person as the first meeting as we chose someone who we think we will right for you.



What types of things do you do?



Don't worry everything will be explained, discussed and agreed with you first

There are lots of different treatment options available, these are called 'interventions'. Together we decide which options are best to help with the sort of difficulties you are experiencing. Some of the interventions we offer are: **Cognitive behavioural therapy, Self Help tools, medication, family therapy, parenting therapy, Dialectical Behaviour Therapy (DBT), Eye Movement Desensitisation & Reprocessing (EMDR)**

What is CAMHS ?

CAMHS Stands for Child & Adolescent Mental Health Services. This covers lots of different people and services who work with children and young people to help them cope when they are feeling sad, worried or troubled

Does it mean I'm mental ?

Because we have the word 'mental' in our name some young people are worried that people might think they're mad. We use the word to describe all the things that go on in your mind as we believe it is as important to look after your mental health as it is your physical health.

It's not just you !
11 in every 10 young people will go through problems to do with their mental health and well-being. Many of these young people will be attending CAMHS to help them

What happens next ?



You need to ring us and arrange an appointment at a time and date that is good for you and your family.

Who can I bring to my appointment ?

DON'T WORRY !
There will always be an opportunity for you to speak to CAMHS staff on your own as well

If you are under 16, it is important that your family or carers come to your appointments. If you are 16+ you can talk to us when you ring about who you would like to come with you

What will happen at my appointment ?

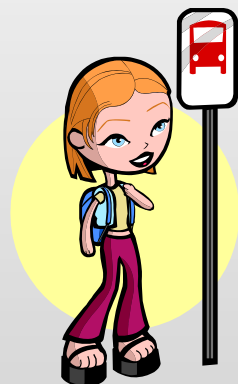
You and your family will meet with one or two people of the team to talk about how things are for you now and what you want to achieve.

We will also ask you and your family to complete some forms which will help us choose together what type of support would be most helpful for you

How long will I have to wait ?

We will try to see you within ? Weeks.

We know that it can be stressful waiting but if things change and you feel more upset or distressed speak to your parents or carers or the person that referred you and ask them to contact us and explain that things are getting more difficult



What do I need to bring?

You just need to bring yourself and your family or carers. But if it helps you might want to make a note of what you want CAMHS to help you with and any questions you have

Who's who in CAMHS ?

CAMHS is made up of a lot of people with different jobs and you may see a few people who have different job titles. Below is a list of the people you may see but if you are not sure what someone's job is please ask and we will explain.

- Mental Health Nurses
- Consultant psychiatrists
- Youth workers
- Social Workers
- Occupational therapists
- Learning Disability Nurses
- Clinical Psychologists

