

# Useful contacts

**ChildLine:** A free and confidential telephone support service for children and young people  
**0800 1111, [www.childline.org.uk](http://www.childline.org.uk)**

**Young Minds:** Information about emotional wellbeing and mental health for young people  
**[www.youngminds.org.uk](http://www.youngminds.org.uk)**

**Kooth:** Free, safe and anonymous online support for young people  
**[www.kooth.com](http://www.kooth.com)**

**Contact youth lifeline:** A free and confidential telephone support service for children and young people  
**080 8808 8000**  
**[www.contactyouth.org](http://www.contactyouth.org)**

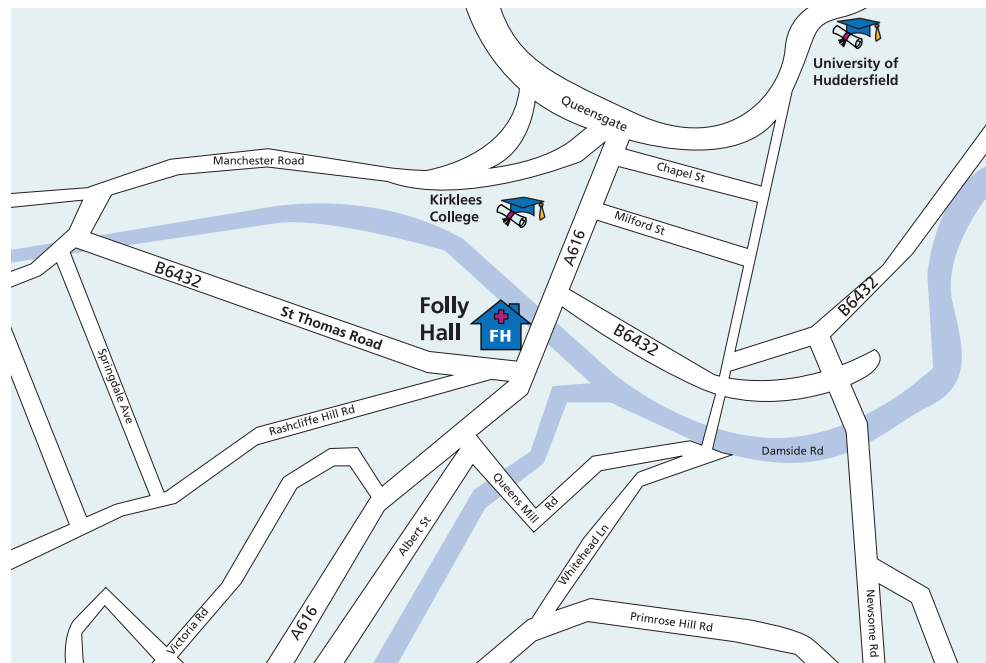
**[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)**

## Where to find us

### Folly Hall Mills

St Thomas Road, Huddersfield, HD1 3LT

**01484 343100**



JOB NO 1539 MAY20

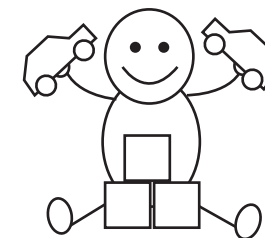
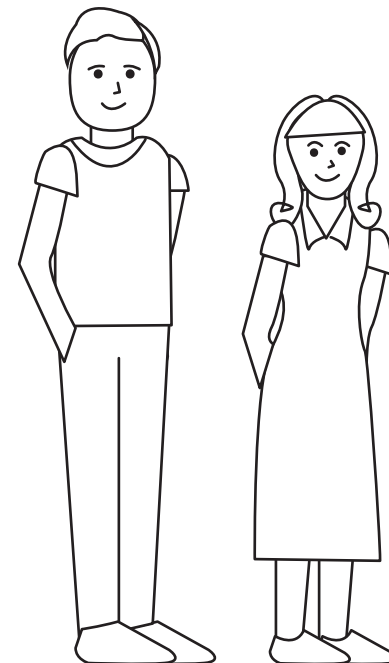
# Thriving Kirklees

# NHS

**South West  
Yorkshire Partnership**  
NHS Foundation Trust

# Welcome to CAMHS

A young person's guide to Child and Adolescent Mental Health Services

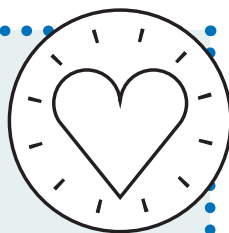


Colouring can be relaxing and calming. Take a moment and colour in the pictures in this booklet.

With **all of us** in mind.

## What is CAMHS?

**CAMHS stands for Child and Adolescent Mental Health Services.** This covers a lot 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 think they're mad. We use the word to describe all the things which 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!

*1 in every 10 young people will go through problems to do with their mental health and wellbeing. Many of these young people will attend CAMHS to help them.*

## Why am I being referred to CAMHS?

**Here are some of the reasons why people are asked to visit CAMHS:**

Not knowing how to cope; feeling lonely and out of touch with friends; feeling distant and lost in your thoughts and everything seems negative; hurting yourself; eating disorder; attention deficit hyperactivity disorder (ADHD), and autistic spectrum condition (ASC).

## What happens next?

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

Seeing CAMHS will involve you and the CAMHS staff working together to find ways for you to cope with challenges and start to feel better.

## Who can I bring to my appointment?



**CAMHS staff will try to make it as easy as possible for you to attend appointments, for example, making sure the place where you have your appointments is easy to find and give you a choice of appointment times.**

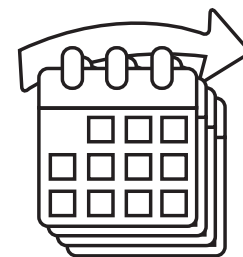
If you are under 16, it is important that your family or carers come to your appointments. If you are 16+ you can talk to us when you ring about who you would like to come with you. If you need support at

your appointment with an interpreter or need a hearing loop, that can be provided too. We will also provide you with a number to ring if you wish to change your appointment or have problems getting there.

### DON'T WORRY!

*There will always be an opportunity for you to speak to CAMHS staff on your own as well*

## How long will I have to wait?



**We will see you as soon as possible, but this can take many weeks.** We know it can be stressful waiting but if things change and you feel more upset or distressed speak to your parents, carers or the person who referred you and ask them to contact us and explain things are getting more difficult.

## What do I need to bring?

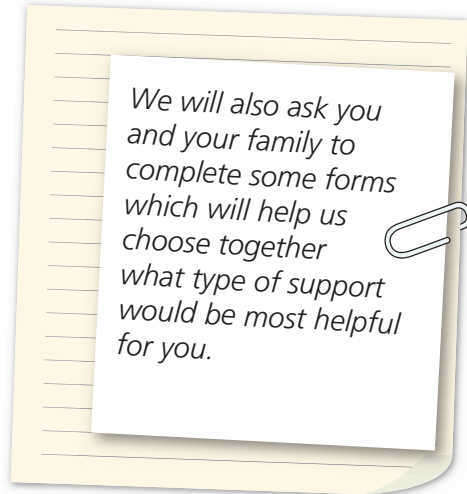
**You just need to bring yourself and your family or carers.** But if it helps you might want to make a note of what you want

CAMHS to help you with and any questions you may have. You may also be asked to bring your current medication with you.

# What will happen at my appointment?

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

It's normal to feel a bit nervous or awkward beforehand, but think of it as a chance to talk about your thoughts and feelings, friends and family, school, culture and physical health.



# 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 at the first meeting because it might be better for you to see another person who is best suited to help you.

## Who will I see at CAMHS?

CAMHS is made up of a lot of people with different skills and you may see a few people who have different job titles. Here's a list of some people you may come across but if you are not sure what someone's job is, please ask and we'll explain.

**Psychiatrist:** Is a doctor with specialist training in child and adolescent mental health and can prescribe medication if necessary.

**Psychologist:** Is a doctor who specialises in many different therapeutic assessments and interventions and uses talking therapies to help people make sense of their problems and help you find your own solutions.

**Mental Health Practitioners:** Are people who are skilled in using different types of therapy and can help young people to find the best approach for their problems.

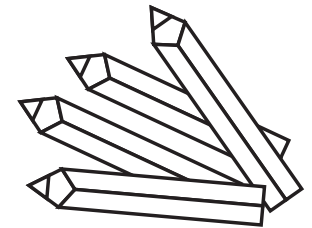
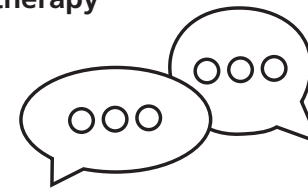
**Family Therapists:** Are people who are specialised in working with the whole family to get a different view on problems.

**Art therapist:** Is a type of therapist who uses play and art to help children and young people express their feelings and may help resolve problems.

## What type of treatment might I get?

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 treatments we offer include individual talking therapies which include:

- Cognitive Behavioural Therapy (CBT)
- Solution focused therapy
- Group therapies including Dialectical Behavioural Therapy (DBT)
- Art therapy
- Self help tools
- Medication may be available to treat some problems
- Advice on other available services



**There's no need to worry as everything will be explained, discussed and agreed with you first.**

**Everyone involved in your care should work together to make sure you are kept safe.**

# What happens next?

## As part of your ongoing treatment you will receive a care plan.

At the right time the CAMHS clinician will talk to you and your family about your progress (you can discuss with the clinician if you would prefer this not to happen). If at this point everyone feels ok to do so, plans can be made for you to stop seeing the CAMHS clinician. This is called discharge.

On discharge we will remind you of all the things you and your therapist

have worked on together and any other things you can do to keep yourself well.

This may include how to access other services or how to come back to CAMHS if needed in the future.

The discharge plan should be made and agreed with you. You should be given a copy of the plan and we will send one to your GP.



## 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 who you don't want us to
- Anyone can have mental health difficulties

### Feedback

*It is important for us to know what you think of CAMHS and so there are a number of ways you can let us know your opinion.*

*Ask for a Friends and Family Test card or contact our own customer services team by email: [customer.servicesswyt@nhs.net](mailto:customer.servicesswyt@nhs.net) or call free on 0800 5872108.*

## 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 things are working for you.

**Co-ordination:** 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 and carers:** We will include your family and carers in your care if appropriate.

**Involvement and 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.

## Jargon buster dictionary

**Advocacy** is when one person supports another to get their views heard on issues which affect their life.

**Assessment** is where staff at the CAMHS first talk to you and other relevant people about the difficulties you have been experiencing and begin to work out what they can do to help you.

**Confidentiality** means not telling other people about what you tell them in private. There are rules about sharing information about you: People are only told what they need to know in order to help you and often you can have a say in who is told what. Sometimes, when staff are worried about your safety, they may have to tell certain people certain things about you even when you don't want them to. This is part of their job to keep you safe.

**Consent** means saying 'yes' to something which affects you. Informed consent means that you fully understand what you are agreeing to.

**Discharge** is when you officially leave CAMHS.

**Intervention** is another word for treatment. It means you and staff at CAMHS are working together to help you manage your difficulties. Intervening is like standing in the way of something and stopping it going any further. By intervening in whatever the problem is, we hope you will begin to feel better.

**Referral** is when an adult who knows you, like a doctor or a teacher, asks CAMHS to see you so they can give you more support.