

Q: What sort of things will CAMHS do to help me?



A: There are different treatment options called 'interventions'. These might include things such as different types of talking therapies or taking medicine. Which options are open to you will depend on what your CAMHS service is able to offer, and what sorts of problems you are experiencing.

Q: Will people find out I'm seeing CAMHS? Who will know what I say?



A: Each CAMHS will have their own rules on this, which is often called a 'confidentiality policy'. Generally, the only people who will know you're seeing CAMHS are the person who referred you (e.g. your Doctor) and, in most cases, your family or carers. CAMHS will ask you and your family for permission to discuss your care with any other professionals (such as schools). Very occasionally, if staff are concerned about your safety, or someone else's they may have to speak to other professionals without your or your parents' permission.

Q: How long will I be with CAMHS?



A: This depends on the kind of problems you're experiencing. Some people only need to see CAMHS a couple of times. Others will see CAMHS for several months, and some may see CAMHS for a year or more.

Q: Got more questions?



A: See the back of this leaflet for more sources of information, or ask your CAMHS.



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

DAISY

Drug and Alcohol intervention service for young people.

Tel: 028 7137 1162

www.daisy.uk.net

Children's Law Centre

Free-phone advice line for children and young people.

Tel: 080 8808 5678

For a full guide to CAMHS, you can download our free booklet 'CAMHS Inside Out' from

www.camhs4u.org.uk

CAMHS IN BRIEF

*A Young Person's
guide to:*

*Child and Adolescent
Mental Health Services*



Your local CAMHS is:

Child and Family Team

Woodlea House

Gransha Park

Londonderry BT47 6TF

Tel: 028 7186 5238

Frequently Asked Questions

This leaflet is for any Young Person who wants to find out a bit about what to expect from community Child and Adolescent Mental Health Services (CAMHS).



Q: What is CAMHS?

A: CAMHS Stands for Child and Adolescent Mental Health Service



Q: What is Mental Health?

A: We usually know what we mean when we talk about physical health, but mental health is often less talked about, and less understood. Mental Health is to do with how we feel inside, how in control we feel, and how able to cope we are.



Q: Will people think I am mad if I go to CAMHS?

A: Some young people feel uncomfortable seeing CAMHS because they're worried that people might think they're mad. If your feelings or behavior have started to get in the way of your day to day life, you are not alone!

1 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 seeing CAMHS to help them understand and cope with their feelings.



Q: How do I get an appointment to see CAMHS?

A: This varies according to where you live, but the first step is usually to speak to your Doctor, Teacher or School Nurse. They'll ask you to tell them a bit about the kind of problems you're experiencing so that they can think about what sort of help you might need. This might involve them arranging for you to have an appointment with CAMHS. This is called being 'referred' to CAMHS.



Q: How long will I have to wait for my first appointment?

A: Usually, CAMHS will try and see you within 2-3 months. Sometimes you will have your first appointment sooner than that, but occasionally you may have to wait longer.



Q: Is there anything I can do while I wait?

A: There are lots of websites and help lines that offer information and support to young people. These may help you to start understanding more about the problems you're experiencing. Have a look at our list of useful resources at the back of the leaflet.

The person who referred you to CAMHS may be able to give you advice on helpful things that you can do while you're waiting to be seen by CAMHS - ask them if they can suggest something. While you're waiting, you might find it useful to think about the things that you'd like CAMHS to help you with, maybe write down the things you want to say and things you want to ask before you come to your first appointment.



Q: Who will come with me to my appointment?

A: If you are under 16, it's essential for your family or carers to be involved in the process. There will always be an opportunity for you to speak to CAMHS staff on your own at the appointment. If you are 16+ you can talk to CAMHS staff about who you would like to come to appointments with you.



Q: Who will I see?

A: There are lots of different staff in CAMHS. Each service is different, but staff might include Doctors, Nurses, Psychologists, Primary Mental Health Workers and other Therapists, such as Psychotherapists, Family Therapists and Art Therapists. When your first appointment is arranged you can ask who will be seeing you and what their job is.

If you'd like more information about CAMHS, you can download our free booklet:

'CAMHS Inside Out'

From

www.camhs4u.org.uk