



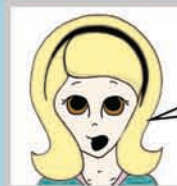
Q: What sort of things will CAMHS do to help me?

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.

Got more questions?

See the back of the leaflet for more sources of information, or ask your CAMHS!

Useful links

ChildLine

A free and confidential telephone support service for children and young people

0800 1111

www.childline.org.uk

Connexions

Information and advice for young people aged 13 to 19

www.connexions-direct.com

YoungMinds

Information about emotional wellbeing and mental health for young people

www.youngminds.org.uk

The National Youth Advocacy Service

Information on advocacy

www.nyas.net

For a full guide to CAMHS, you can download our free booklet,

'CAMHS Inside Out' from:

www.CAMHS4U.org.uk

If you would like to tell us what you think of this leaflet, email us at:

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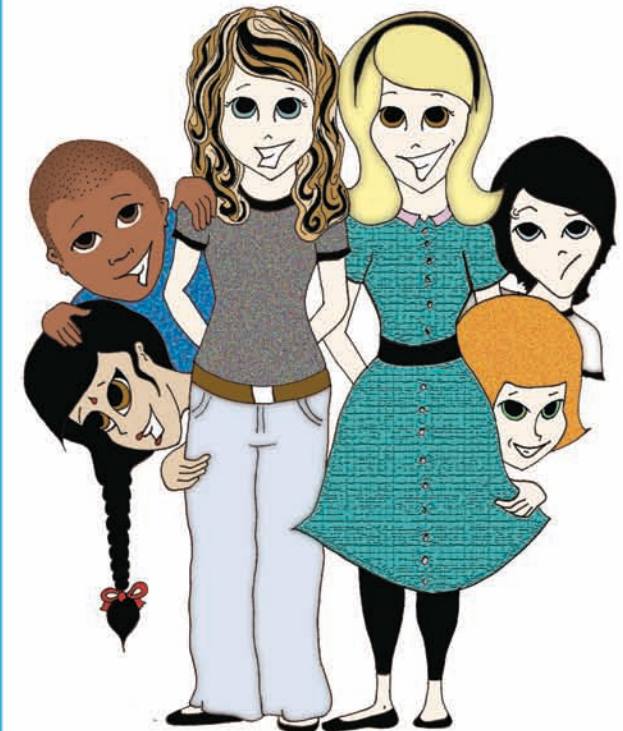
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CENTRE FOR QUALITY IMPROVEMENT

CAMHS In Brief

A Young Person's Quick Guide to Child and Adolescent Mental Health Services



Introduction

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**).

If you'd like more information about community CAMHS, you can see our booklet:

'CAMHS Inside Out.'

See the back of this leaflet for how to get hold of one.

If you have other questions, don't be afraid to ask the staff at your CAMHS. Every CAMHS is different—staff should be able to tell you more about how things work in your local CAMHS.

Frequently Asked Questions!



Q: What is CAMHS?

A: CAMHS stands for:

Child and Adolescent Mental Health Services.

These services work with children and young people to help them cope when they're feeling sad, worried or troubled. Community CAMHS may also be called other things, like '**Children and Young People's Centre**' or '**Child and Family Consultation 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.

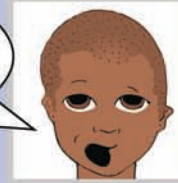


Q: Will people think I'm mad if I go to CAMHS?

A: Some young people feel uncomfortable seeing CAMHS because they're worried that people might think they're mad. If your feelings or behaviour 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 to 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 helplines 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 also find it useful to think about the things that you'd like CAMHS to help you with. Some people find it useful to write down the things they want to say and things they want to ask before they come to their first appointment.

Q: Who will come with me to my appointments?



A: It's often important for your family or carers to be involved in the process. You can talk to CAMHS staff about who you would like to come to appointments with you, and whether you would like to speak to staff on your own.



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 CAMHS who you will be seeing and what their job is.

To find out more information on who's who in CAMHS go to www.youngminds.org.uk and search for 'CAMHS who's who'