

What will happen?

Young people may be referred to our 'depression and anxiety' pathway after having attended a 'Choice' assessment with a clinician from our CAMHS team. In some cases they may be referred by someone they already know in CAMHS.

Children and young people who are accepted onto this care pathway will receive a pack including further information about their condition(s), recommended reading and a list of other support services. Most of our treatments are talking therapy treatments, which draw on principles from a number of different therapies:

This may include -

Cognitive Behaviour Therapy (CBT) looks at how our thoughts, feelings and behaviours interlink and affect us. It focuses on developing skills to recognise and manage these to improve wellbeing. CBT may take the form of individual or group therapy. To begin with you will usually meet your therapist weekly, and then less frequently as time goes on. Therapy can be over 10 – 12 sessions, but may be shorter or longer.

Interpersonal therapy (IPT)

The young person works with the therapist to identify the effects of problematic areas related to interpersonal conflicts, role

transitions, grief and loss, and social skills, and their effects on their current symptoms, feeling states and problems. As the person learns to cope with or resolve such problems or conflicts, they experience a reduction in their symptoms. The therapy usually consists of 12 sessions over three or four months.

Systemic therapy is a form of therapy that takes into account the wide range of experiences that occur in a child's life, in the family, in school and community. All of these experiences may affect the child's view of him or herself and his/her behaviour. Systemic therapy is most often used by family and group therapists who work to relieve a child's problems by understanding better how the child interacts with all those around him or her. For example, a child's anxiety and/or low mood may be brought about by a variety of factors, these may include parental arguments and academic pressure at school.

Child & Adolescent Psychotherapy

This technique helps people to look at their past experiences and to think about how these may be affecting their current situation and ability to make choices.

This method is probably the most useful when someone is curious about why their depression persists, or the way they relate to

others. It can be helpful when problems are long standing. The process requires a level of interest in self-exploration and an understanding that painful or difficult past experiences may be returned to and talked about. This means that it can be suitable for children and teenagers who want to 'get to the bottom' of their difficulties and are able to put up with a certain amount of emotional pain. The process can take longer than other kinds of psychological therapies.

Medication

We sometimes recommend medication alongside therapy to help people manage their difficulties. If medication is to be prescribed this will be done following assessment and diagnosis by a child and adolescent psychiatrist. If a child or young person is started on medication, they and their parent(s) or carer(s) will be involved in discussions and informed about the rationale for the drug treatment. The prescribing doctor will closely monitor the child or young person's progress on a regular basis and focus particularly on emergent adverse drug reactions (NICE.2005).

Children and young people's conditions we treat include:

- Depression
- Anxiety and phobias
- Panic attacks and agoraphobia
- Generalised Anxiety Disorder
- Separation Anxiety
- Social Phobia
- Obsessive compulsive disorder
- Body Dysmorphic Disorder
- Post-Traumatic Stress Disorder (PTSD)

For all of the above, CBT has been recommended as the initial offer of talking therapies recommended by NICE.

Useful websites

Royal College of Psychiatrists provides detailed information leaflet about anxiety and other mental health information. Search 'anxiety' from the homepage:

www.rcpsych.ac.uk

Mind provides information and support, downloadable leaflets and real people's stories. Search 'anxiety' from the homepage:

www.mind.org.uk

Samaritans available 24 hours a day to provide confidential emotional support for people experiencing feelings of distress and finding it difficult to cope.

www.samaritans.org

Further help

If you have any questions about your referral, or concerns that your difficulties are getting worse, please contact us:

CAMHS ☎ 01803 655692

9am - 5pm, Monday to Friday

Crisis and Home Treatment Resolution

Team ☎ 01803 655650

9am – 10pm, Monday to Friday

9am – 5pm during weekends

We can arrange for a clinician or manager to contact you if you need to speak with someone whilst you are waiting to be seen. We will do our best to help you.

For further information on our confidentiality policy, carer involvement, compliments / complaints procedures, resources and other aspects of our service please visit the CAMHS website:

www.torbayandsouthdevon.nhs.uk/services/camhs

For further assistance or to receive this information in a different format

Contact ☎ 01803 655692

✉ torbay.camhs@nhs.net

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Torbay and South Devon 
NHS Foundation Trust



**PATIENT
INFORMATION**

Depression and Anxiety Pathway

Support for young people
(up to aged 18)

Torbay Child and Adolescent
Mental Health Service
(CAMHS)

The Annexe
187 Newton Road
Torquay
TQ2 7BA
☎ 01803 655692

www.torbayandsouthdevon.nhs.uk/services/cmhs
