

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 CAMHS 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 attending 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 parent's 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 attend CAMHS a couple of times. Others will attend CAMHS for several months and some may attend 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 Practitioner.

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 well being 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

Out of Hours GP

Tel: 028 3839 9201

Out of Hours Social Worker

Craigavon Area Hospital	Tel: 028 3833 4444
Daisy Hill Hospital	Tel: 028 3083 5000
St Luke's Hospital	Tel: 028 3752 2381
South Tyrone Hospital	Tel: 028 8772 2821

Gateway Team

0800 7837745

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

www.camhs4u.org.uk

Your local CAMHS is...

Craigavon and Banbridge	Tel: 028 3839 2112
Newry and Mourne	Tel: 028 3083 5400
Armagh and Dungannon	Tel: 028 8773 1494

If you are a smart phone user you can scan the QR Code for more information on the CAMHS

Service or log on to:

www.younghealthymindsni.co.uk



HSC Southern Health
and Social Care Trust
Quality Care-for you, with you



CAMHS

IN BRIEF

www.younghealthymindsni.co.uk

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

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 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 attending CAMHS because they're worried that people might think they're mad. If your feelings of 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 attending 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 9 weeks. Sometimes you will have your first appointment sooner than that if needed.

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 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 of 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 at CAMHS. Each service is different, but staff might include Doctors, Nurses, Psychologists, Social Workers, Primary Mental Health Workers and other Therapists, such as Family 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