

Q: What will people think 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 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 wellbeing. Many of these young people will be attending CAMHS to help them understand and cope with their feelings.

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

A: CAMHS 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 school) your GP and, in most cases, your family or carers. CAMHS will ask you and your family for permission to discuss our care with any other professionals (such as school). 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: Got more questions?

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

Useful Contacts

Childline

0800 1111

Young Minds

www.youngminds.org.uk

Check it out

www.checkitout-iw.org

RUOK?

www.ru-ok.org.uk

Crisis Resolution & Home Treatment Team (CRHT)

01983 522214

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact the Quality Team directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

All NHS sites are no smoking areas. If you would like help and advice to stop smoking please call: 01983 550386 to talk to Island Quitters,

About Community CAMHS



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Opening hours
Monday to Thursday
9am-5pm
Friday
9am - 4.30pm

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Review due by November 2018

Q: What is CAMHS?

A: CAMHS stands for Child and Adolescent Mental Health Services.

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 well we are able to cope.

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

A: 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 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: If you are offered an appointment, we are expected to see you within 18 weeks. We work hard to make sure you will be seen a lot sooner than this, but occasionally this is not possible.

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, which 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: It is often important for your family or carers to be involved in the process. You can talk to Community CAMHS staff about who you would like to come to appointments. There will always be an opportunity to talk to team members on your own.

Q: Who will I see?

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

You can request to be seen by a man or woman, and where you might like to be seen. The practitioner you see will introduce themselves to you and explain what might happen next, how to make suggestions to improve what we do, and how to tell us if you think we have missed something that's important to you.

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 are will depend on what sort of problems you are experiencing.

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 for several months and some for a year or more.