

Future Appointments

If you are going to be seen again by our team, we will talk to you about how much involvement you would like your family to have. At this stage a plan will be made about your ongoing care which will be shared with you and anyone else you choose.

You may wish to come to see us on your own or you may prefer to bring someone with you. You may wish for your family to know about the sort of care you are receiving or you may prefer to keep it confidential. We will respect your choice and will only talk to other adults if we think you or someone else is at risk of being hurt.

Sometimes it may be decided that another service could better support you and your family or carers. We will explain to you what you can expect from this service and why we feel they would be better at providing the interventions needed. We will fill out the referral forms for this service with you or for you.

We will also contact the service itself to find out how long you will have to wait before they get in touch.

If you wish we are happy to go to the first meeting at the new service with you.

Further Information

What if things start to feel worse

If you feel yourself getting increasingly worried or troubled, you, your parents or carers are welcome to call us to see if an urgent assessment is needed. You may need to leave a message with one of our admin team. We aim to respond to all calls within 24 hours (during CCAMHS opening hours), however, if you require a named clinician, this may not always be possible due to clinical commitments, leave, sickness etc. Should your clinician be unavailable to respond within the 24hr period, the CCAMHS Clinical team will inform you of this and discuss alternative options with you.

Alternatively you can email CCAMHS on ccamhs@iow.nhs.uk. Responses to emails will also be responded to within 24hrs (during CCAMHS opening hours).



Further Information

You, your parents or carers may also contact your GP for an emergency appointment for further advice.



Between the hours of 5pm and 8:30am and at the weekends, we do not have staff on duty.

If you need urgent help you can call:

Single Point of Access (SPA) - 01983 522214

You could also call:

Childline - 0800 1111

or

The Samaritans - 116 123

What to do in an Emergency

If you are in need of immediate physical or medical care (e.g. because you have seriously harmed yourself) ring **999** and ask for an ambulance. When you are medically fit, members of our team will come to meet with you.

Contacting Us

**Community CAMHS
7 Pyle Street
Newport
Isle of Wight
PO30 1JW**

**Tel: 01983 523602
Fax: 01983 821193**

Opening Times

**Mon – Thurs 8:30am—5:00pm
Friday 8:30am—4:30pm**

Email: ccamhs@iow.nhs.uk

If you need this information in another language or format, please contact the team who will do their best to meet your requirements



CCAMHS

Isle of Wight birth to 18's Community
Child & Adolescent Mental Health Services

**Welcome to Community
CAMHS**

**Your First Appointment
Guide**



About CCAMHS

Child and Adolescent Mental Health Service (CCAMHS)

We are part of the National Health Service (NHS) and work with other services on the Isle of Wight to support and help young people and their families who are experiencing Mental Health difficulties. We work with young people between the ages of 0–18 years old.

Our team helps children and young people when they are feeling sad, worried or troubled. Our team is trained and has skills to work with children, young people and their families.

Within our team we have:

- ◆ Consultant Psychiatrists (Doctors)
- ◆ Nurses
- ◆ Mental Health Practitioners
- ◆ Primary Mental Health Workers
- ◆ Family Therapists
- ◆ Psychologists
- ◆ Psychotherapists

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 with their emotional wellbeing. Many of these young people will have contact with CCAMHS to help them and their families / carers understand and develop skills to manage their feelings.

Some young people feel uncomfortable being seen by CCAMHS because they are worried what other people will think, but don't let this get in the way. You are not alone.

The reason you have been referred to CCAMHS is as a result of concern from other significant people in your life who have seen and discussed their concerns with you and you have agreed for their concerns to be shared in order that we may be able to help you. This is called a “**referral**”.

Your First Appointment

As your referral has been accepted, you are now being offered your first appointment.

Before your assessment you can get in touch with us to talk about:

- ◆ Where you would like to be seen. We usually see young people at our clinic, but we can come and visit you in school or at home.
- ◆ If you, your parents or carers have any specific communication or access requirements. This could include needing an interpreter or making sure you are seen in a wheelchair accessible room, please let the team know.
- ◆ Who you would like to be seen by or if you would prefer to see a male or female team member.
- ◆ Who you would like to bring along for support. It is often important for your parents or carers to be involved in the first appointment. There will be a chance to talk to the members of the team on your own.



When you visit us for the first time we will want to get to know you.

We will talk to you and your parents or carers to find out more about what life has been like for you and what is making you feel the way you do. This will help us work out how to help you. This is called an “**assessment**”.

Confidentiality

During the assessment we will explain to you about the CCAMHS rules for sharing information so your privacy is respected. What you tell us is kept private.



This is called “**confidentiality**”

It will be explained that sometimes, when the team members working with you are worried about your safety or the safety of others, they may have to tell certain people certain things about you, even when you don't want them to. This is part of our job to keep you safe and we will explain who we are going to tell and why.

If there are other relevant professionals involved in your life, we will ask your permission to contact them. This will mean we can all work together to help you. You can say no to this and we will respect that, however this may not be possible if there are safeguarding concerns.

For most young people this will mean getting your permission to contact school. This is called “**Consent**”.

Consent to Treatment

When you have met with the team, we will begin to work with you on things that could help you feel better. This might include things you and your family can do, as well as what different treatments can be offered by us or by other services on the Island.

These are called “**interventions**”. You can find out more information about different interventions that may be offered to you in the “choosing what's best for you” booklet. This can be downloaded at:

[youngminds.org.uk/
allpublicationschoosingwhatsbestforyou](http://youngminds.org.uk/allpublicationschoosingwhatsbestforyou)

If you have any further questions once you have read this, you can also talk to a team member.