

WHAT PEOPLE SAY

YOUNG PEOPLES THOUGHTS & EXPERIENCES WITH CAMHS



I was always worried about being judged & laughed at, but once I started to trust them, I have never felt so relieved. A weight has been lifted off my shoulders.

The treatment might take a little time to work, so don't lose hope if you're not getting immediate results.


I was very nervous at first but going was the best decision I've ever made! Don't judge a book by its cover, try it and see where it takes you.

It was tough at the start, I'm not going to lie, I stayed for about 10 mins at first, but each session I stayed a bit longer and it got easier.

Like all people I have my good days and bad days -but for once I'm starting to have more good days than bad days. It's strange to think of how much of a bad place I was in & how much that has all changed. I still have all my sheets and things, I look at them on my bad days and honestly they help. I've started keeping a journal to keep track of my moods. CAMHS really did help me.


USEFUL HELPLINES

Lifeline < www.lifelinehelpline.info

www.childline.org.uk > **ChildLine** 
0800 1111 >

NSPCC  < www.nspcc.org.uk
< 0808 808 5000

www.youngminds.org.uk > **YOUNGMINDS**

DaiSy  < 028 7137 1162
Breaking the chain through intervention

028 906 6422 > **SAMARITANS**


children's law centre < 028 9024 5704

BREAK THE STIGMA!



VOYPIC
voice of young people in care

HSC Western Health
and Social Care Trust

CAMHS

Young Minds Matter

What is **CAMHS**?

HOW LONG do I wait?

WHO will I see?

Will it **HELP**?

WHAT can I talk about?

What is **MENTAL HEALTH**?

CHILD & ADOLESCENT MENTAL HEALTH
SERVICES CONTACT DETAILS

Rivendell, Tyrone & Fermanagh
Hospital, Omagh 028 8283 5990

Woodlea House, Gransha Park,
Derry/Londonderry 028 7186 5238

www.westerntrust.hscni.net



THIS LEAFLET...

...is for anyone who wants to find out some more information about CAMHS - Child and Adolescent Mental Health Service - and what they can do to help.

BEFORE YOU START TO READ IT; A LITTLE HEADS UP:



It's not that scary! Most people have concerns about their mental health at some point in their life - you are not alone!

ARE YOU FEELING...



WHAT IS CAMHS?

CAMHS stands for Child and Adolescent Mental Health Service. Our mental health is to do with how we feel inside, how in control we feel and how able we are at coping with life. Everyone goes through ups and downs but sometimes feelings and our behaviour can start to get in the way of our day to day lives. This is when we might need some extra help and support. This is when CAMHS can help you.

WHY MIGHT CHILDREN AND YOUNG PEOPLE GO TO CAMHS?

- FEELING UNHAPPY/SAD • TROUBLE TALKING OR SLEEPING • PROBLEMS WITH EATING & FOOD • FEELING LONELY/ISOLATED • LOW SELF ESTEEM • FEELING ANXIOUS/SCARED • HURTING YOURSELF OR WANTING TO HURT YOURSELF • MISUSING DRUGS/ALCOHOL • STRUGGLING TO MANAGE BEHAVIOUR, THOUGHTS & FEELINGS • FEELING LOW/DEPRESSED • BEREAVEMENT OR OTHER LOSS • PROBLEMS WITH YOUR FAMILY, FRIENDS OR SCHOOL • BULLYING

HOW CAN CAMHS HELP YOU AND YOUR FAMILY?

CAMHS staff work with children and young people up to the age of 18 and their families. They find ways to help you cope with how you are feeling and if it's impacting on your behaviour and your day to day life. CAMHS provide therapeutic support and promote the psychological, emotional and social development of children and young people within their family and their community.

WHAT SUPPORTS MIGHT CAMHS OFFER?



Well that really depends on what your own needs are, we are all very different and CAMHS will work with you to create a support plan that is right for you.

BUT SOME OF THE EXAMPLES OF THIS MIGHT BE:

- CONFIDENCE & SELF ESTEEM • EATING PLANS • WAYS TO DEAL WITH DRUGS & ALCOHOL DIFFICULTIES • PRESCRIBE MEDICATION • GROUP PROGRAMMES • ART THERAPY • GOAL SETTING • COPING SKILLS • SOMEONE TO TALK TO & LISTEN • LINKS TO OTHER SUPPORT SERVICES E.G. SCHOOL, YOUTH GROUPS, SOCIAL SERVICES

HOW CAN I GET SUPPORT FROM CAMHS?

Usually the first step is to talk to your GP, health visitor, paediatrician, school doctor or nurse, educational psychologist, SENCO in school, or social worker. They will ask you to tell them a bit about what is worrying you, and then they will make a referral for you to see someone in your local CAMHS team. When a referral is made, the CAMHS team will discuss the information that the referrer has given them and they will decide who in the CAMHS team is best placed to support you and how soon you will be seen.

WHO WORKS IN THE CAMHS TEAM?

There are different mental health professionals that work in the CAMHS team such as doctors, nurses, clinical psychologists, child & adolescent psychiatrists, social workers, primary mental health workers and other family therapists. All CAMHS professionals are trained and experienced in working with young people with mental health problems. They may also have some specialist skills, which they may use for specific conditions or treatments. Don't worry, whoever you have been referred to see will explain their job and how best they can support you and your family.

WHO CAN COME WITH ME TO MY APPOINTMENT?

If you are under 16, it is essential for a member of your family or a carer to be involved. If you are over 16 you can talk to your CAMHS worker about who you want to go to your appointments with you.

HOW LONG WILL IT TAKE TO GET AN APPOINTMENT?

CAMHS will aim to see you within 9 weeks. While you are waiting for your appointment it might be useful to write down the things you would like to talk to the CAMHS staff about.