

**Child and Adolescent  
Mental Health Service  
(CAMHS)  
Information Booklet**



# Welcome to CAMHS.

We would like to give you some information about our service and what to expect when you attend.

## How to refer to CAMHS

Referrals can be made by any Healthcare, Social Work or Education professional or voluntary / community agencies.

All new referrals are read daily by an experienced mental health clinician.



In our offices in Antrim, Ballymoney and Magherafelt we have Multi-Disciplinary teams that include- Doctors, Nurses, Occupational Therapist, Social Workers, Clinical Psychologists, Family therapists, CBT therapists and a Psychotherapist.

We also have dedicated teams for Primary mental health, Crisis response, Eating Disorders and Substance misuse problems alongside mental health concerns.

All CAMHS teams have training and experience in helping children, young people and their families deal with mental health worries

### What happens at your first appointment?

At CAMHS we are using the **'Choice and Partnership'** approach. This means that all new young people coming to our service will have a 'Choice' appointment.

For your first meeting with us we will offer you a selection of appointments to enable you to pick a time that fits best for you.



## What is Choice?

The Choice Appointment is an opportunity to give young people, families and/or their carers an equal involvement in the plans that are made to help you. You will meet with a CAMHS worker who will discuss your needs and concerns. We recognise that you are experts in your own family and your own experiences. This is to enable a better understanding of:

- What problems you are struggling with
- What things you are worried about
- What you have already tried
- What you would like to change (your goals).

Together we will identify what you are able to do, what other interventions might be helpful and then agree the best plan.

Ultimately the Choice appointment is about working together to make an informed decision about what is needed to help you either within our service or in a different service.

If we identify together that a service outside of CAMHS is a better fit for you we will, with your permission, refer you on to that service.



## What happens at further appointments?

If after discussion it is agreed that further input from CAMHS may be helpful, your Choice worker will then direct you to the most appropriate person in our service to help achieve your goals. In most cases the next CAMHS person you will meet will be your 'Partnership' worker. They will also be supported by the multi-disciplinary team.

## Self Help

There is usually a few weeks between the Choice appointment and First Partnership appointment. We may suggest self-help ideas, resources and information to use until your next appointment.

## What is Partnership?

At your first 'partnership' appointment we will revisit your goals and see if these have changed. We will talk about any changes that have happened since your CHOICE appointment and whether you feel closer to your goals. We will start the work together that we agreed at your CHOICE appointment to achieve your goals and enable change.

For most people, six or seven appointments are usually enough to achieve meaningful change. We will review the work we are doing together and recognise when your goals have been met and when you no longer need CAMHS involvement.

## Meeting the 'right person at the right time'.

Sometimes, your Partnership Worker will want to introduce another therapist to you and / or your family.

This could be to provide a specific assessment, intervention or therapy. This may be a 'one-off' short piece of work/assessment or, alternatively, it may be a longer term intervention.

In general, the ongoing work that you and / or your family could be involved which may fall in to the following areas:

- Individual Therapeutic Interventions
- Family Interventions
- Information sessions for families
- Group Based Interventions
- Further Assessment
- Medical treatment
- Consultation and Multi-Agency Work

Some of these may be available from agencies other than CAMHS.

## How do we measure change?

We are a service that is committed to delivering the best outcomes possible for children and young people using best practice, knowledge and experience.

We will continually review the progress we make together through discussion, use of questionnaires and feedback.

## Useful websites

- [www.youngminds.org.uk](http://www.youngminds.org.uk) - useful info on all aspects of mental health
- [www.lifelinehelpline.info](http://www.lifelinehelpline.info) - 24hr crisis help and access to free counselling
- [www.mindingyourhead.info](http://www.mindingyourhead.info) - general mental health info and links to others useful sites
- [www.parentingni.org](http://www.parentingni.org) - help and advice for parents
- [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk) - practical and emotional support for young people to help them build the skills they need for adulthood
- [www.talktofrank.com](http://www.talktofrank.com) - A to Z list of substances explains appearance and use, effects, chances of getting hooked, health risks and UK law
- [www.kidscape.org.uk](http://www.kidscape.org.uk) - anti bullying site
- [www.childline.org.uk](http://www.childline.org.uk) - child abuse helpline
- [www.nexusni.org](http://www.nexusni.org) - post sexual abuse/assault therapy service
- [www.start360.org/services](http://www.start360.org/services) - range of services to support vulnerable young people who present with issues around problem behaviour, self-harm and suicide.
- [www.rainbowproject.org](http://www.rainbowproject.org) - Lesbian, Gay, Bisexual and Transgender support and counselling site.
- [www.eastantrimcounselling.com/here2help/](http://www.eastantrimcounselling.com/here2help/) - free counselling service based in Antrim
- [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk) - Mental Health Information for all.
- [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) - Search our health indexes to find well researched information and advice for the public.
- [www.b-eat.co.uk](http://www.b-eat.co.uk) - support and information about eating disorders and difficulties with food, weight and shape.

Referrals should be addressed to:  
CAMHS  
SPOC (Single Point of Contact)  
Massareene House  
30a/b Station Road  
Antrim  
BT41 4AB

Phone enquiries:  
028 9442 4693

Email:  
CAMHS.SPOC@northerntrust.hscni.net



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If you would like to give feedback on any Northern Trust services please contact:

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This document is available, on request, in accessible formats including Braille, audio and minority languages.

## Our Values

**COMPASSION**



**C**

**OPENNESS**



**O**

**RESPECT**



**R**

**EXCELLENCE**



**E**