

What is CAMHS?

**A leaflet for
young people,
carers and families
referred to CAMHS.**

**What will happen
to you when
you meet with
CAMHS and who
you will see.**

What is CAMHS?

The child and adolescent mental health service (CAMHS) helps young people when their feelings get on top of them.

Sometimes these feelings can really start to get you down and in the way of your daily lives.

If this happens, one of the people you know, a parent or a doctor may ask you to see someone from CAMHS.

What does CAMHS do?

The people in CAMHS work to help children and young people find ways to cope with these feelings.

Coming to CAMHS will involve work for you and your family as well as the CAMHS staff.

Where will I be seen?

Often, first appointments take place in our clinics at Ipswich and Bury St Edmunds.

Sometimes we can arrange to see you closer to home if you or your family have difficulty getting to us.

We will aim to see you on time, but in case of delays, there are things in the waiting room for you to do.

Your first appointment

You and the people who live in your family home will be invited to your first appointment.

At this appointment you will be asked questions by one or two CAMHS staff. You and the people you come with will get a chance to share your feelings and thoughts about different things and ask questions. This will help all of us to think about what things that might help you feel better and find ways of helping you cope with the things that worry you so that you can feel you have control in your life.

By the end of this appointment the CAMHS staff will know more about you and why you feel the way you do.

We will talk to you about things that might help you feel better.

Don't worry about asking questions. We will do our best to answer them.

Together we can help you find a way to cope with challenges and feel more in control of your life.

Who's who in CAMHS?

CAMHS is made up of people with different jobs. We have listed some of them here and described what is different about each CAMHS person you may meet with. If you are not sure how a person will help you, please ask them and they will explain.

Child and adolescent psychiatrists

Doctors who are specially trained to work with children and young people with mental health problems. They identify the problem (diagnose) and sometimes can prescribe medicines for you, if it is necessary.

Clinical psychologists

Trained to help children and young people to understand the links between their thoughts, feelings and behaviour.

They will suggest things for you to try to help you cope with difficult feelings.

Creative therapists

Offer sessions with talking, art, drama or play to help you express and explore your feelings. This may help you to find out more about yourself, which can lead to positive changes.

Nurses

Nurses who have a special interest in your thoughts and feelings. Their job can be to help you with these, but also to support you and your family to help you cope with difficult times.

They can help you cope with the effects of mental health problems.

Family therapists

Usually work with the whole family. They help families think about changes they can make so everyone gets along better.

CAMHS social workers

Are interested in how your family works and how this affects you growing up. They work with you and your family to help keep you safe and to keep your family together.

Primary mental health workers

Mostly work by offering advice and support to other people who know you already, like your teachers.

They may come and see you at home or go to a meeting at your school. If they feel you need extra support they might ask the team at the clinic to help you.

Our contact address and telephone number:

In Ipswich:

**Ivry House
Henley Road
Ipswich IPI 3TF**

Tel: 01473 220300

or

**Ivry Lodge
Ivry Street
Ipswich IPI 3QW**

Tel: 01473 220370

In Bury St Edmunds:

**The Child Health Centre
Hospital Road
Bury St Edmunds IP33 3ND**

Tel: 01284 775000

Who else can I talk to?

Childline:

A free and confidential support service for children.

Tel: 0800 1111

www.childline.org.uk

Young Minds:

Information for young people about emotional and mental health issues.

www.youngminds.org.uk

Samaritans:

A 24 hour service offering confidential emotional support to anyone who is in crisis.

Helpline 08457 90 90 90

www.samaritans.org

Suffolk Young People:

Information and advice website for young people.

www.thesource.me.uk

VoiceAbility:

A free, confidential independent advocacy service for young people in Suffolk with additional needs.

Tel: 07786 984123

e-mail: youngvoices@voiceability.org

www.voiceability.org

Has this leaflet been helpful?

Please tell us when you come to CAMHS whether this information has been helpful and if there is any way we can improve the information we give to you and your family.

web: www.smhp.nhs.uk/youngpeople

Working with feedback from young people, families and carers we are developing our website, including some pictures of our buildings and facilities.

If you want to make a comment or complaint, please talk to a local member of staff or contact the PALS service

Tel: 0800 585544

You can also write directly to the chief executive: please ask for our leaflet 'how to make a complaint'.

If you require this leaflet in your language or another format please contact 0800 58 55 44.

Bengali

আপনি যদি এই তথ্য অনুবাদ করতে চান, তাহলে অনুগ্রহ করে 0800 585544 ফ্রিফোন নম্বরে কল করুন

Chinese (Simplified)

如果你需要这些信息的翻译稿，
请拨打免费电话0800 585544

Kurdish

ئەگەر ئێزنیست نام بەرچە نام زانیاریت بۆ
تەرجمە بکړیت، تکایه تەلەفون بکه بۆ
0800 585544 ژماره‌ی خۆراپی

Polish

Jeżeli potrzebujesz tłumaczenia tej informacji,
zadzwoń pod bezpłatny numer 0800 585544

Portuguese

Se precisar desta informação traduzida,
ligue para o número de telefone gratuito
0800 585544

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social & economic status.

Norfolk and Suffolk NHS Foundation Trust, St Clement's Hospital, Foxhall Road,
Ipswich IP3 8LS. Tel: 01473 329000 Web: www.nsft.nhs.uk