

What people say

Families who have been to the clinic tell us it has been very helpful. Experience and research tell us that often just a few sessions can make a difference, enabling families to make changes in their lives.

What do you think?

At the end of our work with you we will ask for your comments and opinions about our service. We are keen to learn from you about your experiences. We will also ask you to complete some questionnaires at the beginning and end of our work with you.

In cases of clinical urgency please contact your child's GP or your local hospital's accident and emergency (A&E)

You can find out more about Leeds CAMHS on our website

www.camhs.leeds.nhs.uk

Help us get it right

If you have any complaints, concerns, comments or compliments please let us know. We learn from all comments we receive and use the information to improve our services.

If you have a concern, please speak to a member of staff at your clinic or health centre. If you would rather talk to someone outside the service, you can contact PALS.

Patient Advice and Liaison Service (PALS)

PALS provides confidential non-medical advice about local NHS services.
Call freephone 0800 0525 270
Monday to Friday 8.30am–4.30pm.

We can make this information available in Braille, large print, audio or other languages.

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NHS

Leeds Community Healthcare



Leeds CAMHS Consultation Clinic

Information for parents and families

Children and Family Services





You have been offered a **Consultation Clinic** appointment with **Leeds CAMHS**

What is Leeds CAMHS?

Leeds Child and Adolescent Mental Health Service (CAMHS) offers assessment and help to children and young people with significant emotional and behavioural difficulties (such as anxiety and depression or eating disorders) and their families.

All CAMHS clinicians have a relevant professional qualification (for example nursing, clinical psychology and social work) and have significant experience of working with children, young people and their families.

We work across Leeds so we can meet families near to where they live.

What will happen first?

Once we receive a referral for your child we write to you with more information. We will ask you to contact us if you would like to take up our service.

It is **really important** you contact us because if we don't hear from you we will assume you don't need our service at this time.

What is a Consultation Clinic?

When we have accepted your referral we see families in a consultation clinic. In this clinic you and a CAMHS clinician will work together to think about the difficulty and what or who might help.

At the first appointment we will talk about what difficulties you are facing, what you would like to be different and how CAMHS might help. We look at how we can use your family's strengths, skills and abilities to help the situation.

How long will the appointment last?

Each appointment lasts up to 1¼ hours.

Who should attend?

It can be helpful if all family members come to the appointment. However, sometimes parents or carers want to attend without their child or children. We leave it up to each family to decide who should be present at the first appointment.

What will happen next?

We offer up to three consultation clinic sessions. At the end of these sessions you may find that some of the difficulties you were having will already be starting to resolve. We hope that you will also have a plan for how you will manage any difficulties in the future.

Many families do not need any more help from CAMHS. But sometimes further assessment is required or we may agree together that some further sessions might be helpful.

What about families who need extra support to use your service?

We try to make sure that all children, young people and families can access our service. It is really helpful if you can remind the person who refers you to us if your family has any special needs, such as disabled access or help with reading, hearing or language.

