Contact us

CO&TS
Little Woodhouse Hall
18 Clarendon Road
Leeds LS2 9NT

0113 305 7200
Office hours: Monday–Friday, 9am–5pm

If you experience difficulties outside of these hours please contact your own GP or NHS Direct 0845 4647

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 any member of the CO&TS team. 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.
Monday to Friday 8.30am–4.30pm.
Email: pals@nhsleeds.nhs.uk
Call freephone 0800 0525 270

We can make this information available in Braille, large print, audio or other languages. We can also provide interpreters for languages or signing at your appointment. Please contact us to find out more.

www.leedscommunityhealthcare.nhs.uk

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CO&TS

CAMHS Outreach and Therapies Service

Information for young people

Children and Family Services

What is CO&TS?

CO&TS works with children, young people and their families who need more support.

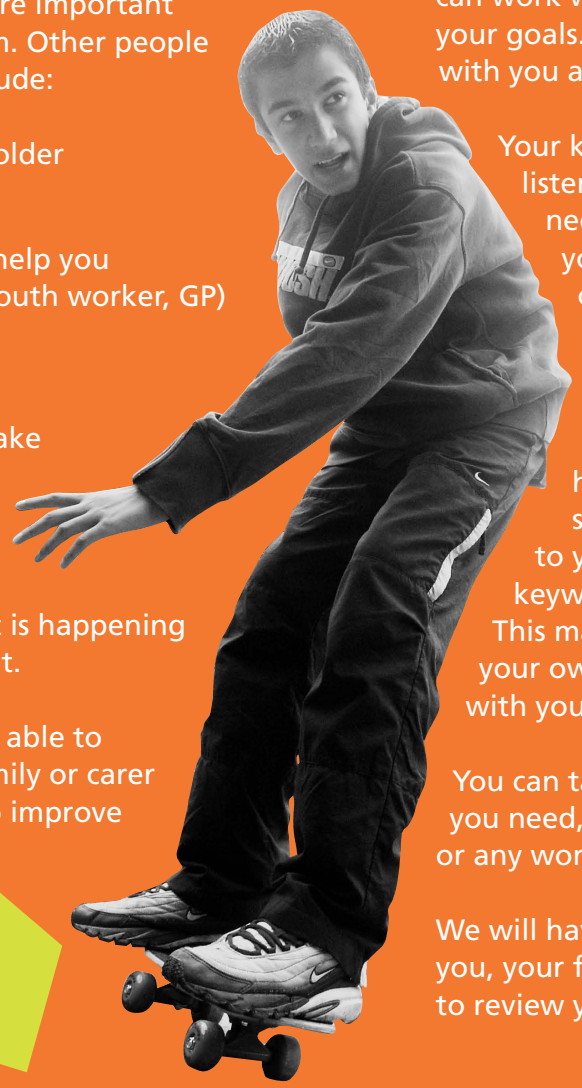
Your team

You and your family are important members of your team. Other people in your team may include:

- your CAMHS caseholder
- education staff
- other people who help you (e.g. Connexions, youth worker, GP)
- your keyworker.

Your keyworker will take responsibility for planning your care and making sure you and everyone in your team know what is happening and who is doing what.

Together your team is able to help you and your family or carer make positive steps to improve things.



What do we do?

What we do depends on what you need.

Your CAMHS caseholder will have spoken to you about involving CO&TS and how CO&TS can work with you and your family to achieve your goals. CO&TS will always work closely with you and your CAMHS caseholder.

Your keyworker will meet with you to listen and find out what help you may need and what is working well in your life. They will also speak with other people in your team.

Your keyworker will talk to you about when and where it is best to see you. This may be at home, school, CO&TS building or somewhere else that is helpful to you. You will agree with your keyworker how your goals will be met. This may include working with you on your own, attending a group, or working with you and your family altogether.

You can talk to your keyworker about what you need, things that are getting you down or any worries you have.

We will have regular planning meetings with you, your family and your team who help you, to review your goals and listen to your views.

Therapies programme

Leeds CAMHS offers a wide range of groups for both parents/carers and young people. Your keyworker will talk to you about groups which they feel might help with what you want.