

Leeds CAMHS Consultation Clinic

Most young people begin in CAMHS by attending a Consultation Clinic. This is up to 3 appointments with a CAMHS clinician, to understand their difficulties, provide a brief intervention and agree on next steps.

37% of young people and families coming to CAMHS between April 2013 and March 2016 attended Consultation Clinic only.

At the end of the Consultation Clinic process we ask young people and their families to complete questionnaires about our service.



In response to this feedback about appointment times we now offer you a wider choice of times and locations from the next available appointments.

Does Consultation Clinic make a difference?

We also ask young people and families to complete a questionnaire called the SDQ at the first and last of the Consultation Clinic sessions. This information helps us understand the concerns and the impact these are having on the young person and family's lives. We also use the SDQ to see if there have been any changes after involvement with CAMHS.

Both young people and their families reported on the SDQ that their difficulties had less impact on their lives after coming to CAMHS.

This change in their impact scores was great enough to suggest it reflected a real improvement in their lives.



They also reported that the overall difficulties the young person was experiencing had reduced.

Our understanding of this is that Consultation Clinic helps young people and families to cope with difficulties better, by giving them a better understanding of their concerns and strategies to use after the Consultation Clinic sessions have finished.

We would like to know more...



Only 20% of young people and their families responded, so this information may not represent all of the people seen by Leeds CAMHS

Please let us know your thoughts by completing questionnaires at your next session.