

If you have any questions about the assessment, please ask the named nurse who has been looking after you whilst you have been in hospital.

You can write any questions you want to ask here to remind you

Contact us

Once we have met you we will give you the specific contact details of the team that will be seeing you. In the meantime, general enquiries can be made to:

CAMHS Enquiries
Little Woodhouse Hall
18 Clarendon Road, Leeds LS2 9NT
info.leedscamhs@nhs.net

Our opening hours are Monday to Friday 9am–5pm (excluding bank holidays).

In urgent situations contact your GP or A&E department as appropriate (as for any other concerning health issue).

You can find out more about Leeds CAMHS on our website
www.leedscommunityhealthcare.nhs.uk/leedscamhs/

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

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NHS

**Leeds Community
Healthcare**
NHS Trust



Information about
CAMHS

This leaflet is for young people who have come to hospital because they have harmed themselves in some way. You may have felt down or upset which led you to harm yourself, e.g. through taking tablets, cutting or drink. This leaflet is to help you understand what will happen next and where to go from here.

Firstly the doctors and nurses will make sure you are physically well. Then you will be seen by somebody from the Child and Adolescent Mental Health Service (often referred to as CAMHS) who will talk to you about how you are feeling and why you think you self-harmed. This is a routine assessment which all young people who have self-harmed are offered.

The CAMHS service offers assessment, treatment and support to young people experiencing problems like self harm and their families.

CAMHS has workers from many professional backgrounds, so depending who is on duty, you may get to see a psychologist, a social worker,

a nurse, a therapist or a psychiatrist. It just depends whose duty day it is.

If you already have a worker in CAMHS, we will try to contact your worker before meeting with you. It is unlikely that your usual worker will come and see you in hospital but we would usually try and arrange for any follow-up to be with your usual worker. If you have a social worker, we will also try and speak first with them. However, we do not contact your school unless we have your permission.

The CAMHS Assessment:

What to expect:

There are two parts to the assessment.

The **first part** of the assessment:

This happens in hospital. There we will talk with you and this involves asking lots of questions. In most cases, you will be able to go home afterwards. Very occasionally, this may not be possible but we will explain the reasons why to you.

Hospital staff will sort out for your parent(s) or carer(s) to attend the

CAMHS assessment. If this is not possible, an older brother, sister or family friend may be with you. If you do not live at home, your social worker or another responsible adult can come instead.

Part of the assessment is with you on your own, as many young people find it easier to talk more freely without carers present. Most of this can be kept confidential. We will however explain when this promise of confidentiality cannot be kept.

We hope that the assessment helps you and your family to understand why you hurt yourself, as this is the starting point to make changes and to find alternative ways of coping.

The **second part** of the assessment:

We will arrange to meet up with you again in about two weeks time. If everything has settled by then, we may not arrange further work after this visit.

We send a letter to your GP summarising the key points which have come up during the assessment. We will discuss with you whether you, and/or your family, would like a copy of this letter and we can arrange for it to be sent to any address that you prefer.