

Your child has been referred to Leeds CAMHS and will be seen at our Next Steps appointment

What is Leeds CAMHS?

Leeds Child and Adolescent Mental Health Service (CAMHS) offers assessment and help to children and young people with mental health problems (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 and if possible try to meet children, young people and families near to where they live.

You can find out more about Leeds CAMHS on our website:

www.leedscommunityhealthcare.nhs.uk/camhs

What will happen first?

When your child reaches the top of the waiting list you will receive a phone call or letter to arrange an appointment. Current waiting times can be found on our website.

What is Next Steps?

In this appointment a CAMHS clinician will work together with your child / you to think about the difficulties you are facing, what you and your child 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.

We offer up to three Next Steps 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 young people, children and families do not need any more help from CAMHS. But sometimes further assessment or therapy would be useful. We will discuss and agree this together in the clinic.

Who should attend?

This is up to you. Some older young people come on their own. Usually a parent / carer comes too. Occasionally a parent / carer comes on their own. We leave it up to you and your child to decide what is best.



**Child and Adolescent Mental
Health Service (CAMHS)**

Next Steps

Information for parents and carers



How long will the appointment last?

Each appointment lasts about 60 minutes.

What about people 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 let us know before the appointment if your family has any special needs, such as disabled access or help with reading, hearing or language.

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

Privacy

Feeling comfortable and being able to talk freely is important. Most information you tell us can be kept private. We will check with you what information we can share and who with.

There are a few situations where we have to share your information (for example if a child was in danger). We would usually try to discuss this with you first.

What people say

Most families who have been to the appointment 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?

We will ask you to complete some questionnaires at the beginning and 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 value your views and regularly use feedback to create a service which works for everybody.

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.leedscommunityhealthcare.nhs.uk/camhs

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 Ich.pet@nhs.net

Leaflet produced by: CAMHS Leaflet Review Group
Revision date: March 2021

© Leeds Community Healthcare NHS Trust, Jan 2019 ref: 1576 v4