

Child and Adolescent Mental Health Service (CAMHS)



Next Steps

Information for young people

What is Leeds CAMHS?

Leeds Child and Adolescent Mental Health Service (CAMHS) is a specialist NHS children and young people's service. We offer assessment and help for emotional and mental health problems.

All CAMHS clinicians have a relevant professional qualification and have significant experience of working with children, young people and their families.

We work across Leeds and if possible try to meet you near to where you live.

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

Our website include information about what to expect from CAMHS created for you by other young people.



What will happen first?

You are on a waiting list for a CAMHS Next Steps appointment. When you reach the top of the waiting list you will be offered an appointment. Our website has information about how long the waiting times are at the moment.

What is a Next Steps?

In this appointment a CAMHS clinician will work together with you to think about the difficulties you are facing, what you would like to be different and who or what might help. We look at how we can use your family's strengths, skills and abilities to help the situation.

Who should attend?

This is up to you. Some teenagers come on their own. Usually though a parent / carer comes too. Having someone with you can make it easier to come. Occasionally a parent / carer comes on their own. We leave it up to you and your parent / carer to decide what is best.

What will happen next?

We offer up to three Next Steps sessions. At the end of the sessions you may find some of the difficulties you were having have already started to improve. 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 appointment.

How long will the appointment last and were will they be?

Each appointment lasts about an hour. We use a lot of different rooms, usually they are in health centres. Most of them are simple with a table and chairs. Some have drawing or art materials.

What about people who need extra support to use the service?

We try to make sure that all children, young people and families can access CAMHS. It is really helpful if someone can let us know 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. We will check with you what information we can share and who with. There are sometimes situations where we must share information (for example if someone was in danger). We would try to discuss this with you first.

What people say

Young people and families that have been to CAMHS tell us it has been very helpful, and that just a few sessions can make a difference.

What do you think?

During our work with you we will ask about how you are doing, and check with you that the work we are doing is helpful. We will also ask for your comments about the service. We value your views and regularly use feedback to create a service which works for everybody.

In cases of clinical urgency please contact your GP or your local hospital's emergency department (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 **lch.pet@nhs.net**

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