

WHAT IS CAMHS?

CAMHS stands for **Child and Adolescent Mental Health Service** and is provided by NHS Forth Valley. CAMHS offers a variety of services which are specially designed to help children and young people aged between 0-18 years of age, where there is a worry about their mental health and when they need specialised help because their problems are more severe and complex.

CAMHS offer support to children, young people and their families who may be experiencing moderate to severe mental health disorders. These are sometimes called:

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- Depression (low mood)
 - Bipolar (severe mood disorders)
 - Anorexia
 - Anorexia/Bulimia (serious difficulties with food)
 - Intellectual/Learning
 - Suicidal Ideation
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All of these difficulties can impact on how a young person feels, behaves and interacts with the people around them and on their ability to take part in everyday activities



The NHS Forth Valley CAMHS Team is made up of:

- Mental Health Nurses
- Clinical Support Workers
- Psychological Therapists
- Clinical Psychologists
- Family Therapist
- Clinical Associates in Applied Psychology
- Psychiatrists
- Occupational Therapists
- Speech & Language Therapists
- Pharmacist
- Art Therapist
- Dietician

You may be supported by one or more of these team members during your time with CAMHS

How do children and young people access support from CAMHS?

The first steps to getting help from CAMHS is normally by seeing your Doctor or General Practitioner (GP) or asking your Named Person in school to make a 'Referral'. A referral describes what your problems are at this time, and tells CAMHS what you have tried so far to help with your issues. You may have accessed support from the Health and Wellbeing Hub within your school.

How to prepare for your appointment?

We realise that coming to an appointment may make you feel nervous; everyone at our service wants to help.

We often find that it helps to write things down in the few days before the appointment, and this might include:

- Information that you think is really important to tell and don't want to forget
- How long you have been experiencing the issues
- What you would like to change
- Anything that you have tried and whether you feel this has helped or not
- Any questions



What happens at my appointment?

When you arrive for your appointment, you will meet our receptionist who will ask for your name and date of birth and they will let the person/people that you are meeting know that you have arrived. You may be asked to complete some forms while you wait.

The first appointment is called a **CHOICE** appointment where you will have a discussion about:

- Current difficulties (what is happening for you right now)
- Your strengths (what is going well)
- Your motivation and wish to change
- Who might be best to help

A further appointment called a Choice Plus appointment might be needed to gather more information; or ask another member of the CAMHS team to join; for you to bring another key family member; or for you to attend on your own.

By the end of your **CHOICE** appointment, you will have discussed:

- A formulation – identified what the problem is
- Clear Intervention Goals – what you want to work on and how you want to work on this
- Who is best to help with this – is it CAMHS or is it other services

Confidentiality, consent and information sharing

The team member that you meet with will explain what we mean about confidentiality at the start of your appointment. We use this word to let you know that information shared during the appointment belongs to you and we will have to discuss with you what and when could be helpful to share with other people e.g. with school. We only share information with others with your consent. Your information is private and only under very special circumstances when people might be at risk it can be shared without your agreement.

CONFIDENTIAL



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