



Your first appointment

CAMHS information for service users

Contact the Child and Adolescent Mental Health Service (CAMHS)

The Valentine Centre
Gorse Hill Hospital Site
Anstey Lane
Leicester LE7 7GX

Tel: 0116 295 2992
Fax: 0116 295 3338

Westcotes House
Westcotes Drive
Leicester
LE3 0QU

Tel: 0116 295 2900
Fax: 0116 295 2899

Email: feedback@leicspart.nhs.uk
Website: www.leicspt.nhs.uk

Your appointment may not be at either
of these venues - please check your letter

What is a mental health problem?

Children and young people can experience a range of emotional, psychological, behavioural and psychiatric problems for which specialist help is required. A mental health problem can be seen as a problem which affects the child or young person or their family and prevents them from achieving their potential. Not all child mental health problems need specialist services but those that are complex, severe or persistent benefit from such involvement.

Examples you may have heard of include depression, anxiety, eating disorders, attention deficit hyperactivity disorder, autism, family problems. Child mental health problems are rarely caused by a single factor and it is usually a combination of individual, family, social and environmental factors that lead to problems.

What is a Child and Adolescent Mental Health Service?

A Child and Adolescent Mental Health Service (CAMHS) is a specialist service that offers assessment and treatment for child mental health problems. We generally see children and young people up to the age of eighteen.

Who needs to come with me?

For the first appointment we suggest your carers come along with you. You are also welcome to bring other family members, a friend or an advocate (someone who can speak for you) if you feel that would be helpful to you. If you want us to make any special arrangements, such as access, please let us know as we want to make your visit as comfortable as we can.

Who will I see?

There are many different types of professionals who work in CAMHS. These include:

- Doctors (specialised in child psychiatry)
- Nurses
- Psychologists
- Occupational therapists
- Therapists trained in a variety of treatment strategies such as psychotherapy, art, cognitive behavioural therapy and family therapy.

Our staff are trained in working with children, young people and their families to ensure that the service we provide is tailored to your needs using the best evidence there is. We are committed to working together with you so that any help offered is appropriate and acceptable to you and your family. As we are a Teaching Trust students may be present at appointments.

What will happen when you come to see us?

When you attend your first appointment we will ask you to complete some forms. It seems like a lot of work but it is really important to us that we understand your point of view. You will then be seen by one or two clinicians and the appointment lasts between one and one and a half hours.

Depending on your age, some of the assessment may be done with you and your carer together and part of it with you on your own. This is so we can understand everyone's point of view to better work with you in planning any further care. The appointment is quite long because we need to collect quite a lot of information to be able to make a good assessment.

After the first meeting, the clinicians will talk to you about their assessment and there may be one of several outcomes:

- No further assessment or treatment required and you will be discharged from the service
- Further assessment is required so more appointments are made
- A diagnosis is made and suggestions for treatment options discussed. Treatment may be offered immediately or you may be placed on a treatment waiting list dependent on the issues.

Whatever the outcome the clinicians will discuss this with you to ensure that your views have been taken into account. The clinician will write to the person who asked you to come and see us and you will get a copy of the assessment letter. They normally also include your GP and school nurse.

Confidentiality

We offer a confidential service but there are times we need to share information with partner agencies to ensure we deliver the best care that we can. If we plan to share information about you we will ask for your or your carers' permission unless there are concerns for your safety in which case we are legally obliged to share information ensure your protection. For young people it is important to know that they can share information with clinical staff that is just between them. Again information will be shared with parents only in cases where there are concerns for your safety.

What if I have more questions?

You should know that we are happy to be asked about what we do as it is important for us that you are as fully informed as is right for your development about your own care. Feel free to ask us any questions, at any time.

If you need this information in another language
or format please telephone 020 7253 7700 or
email: Patient.Information@leicspart.nhs.uk

Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 020 7253 7700 أو إرسال بريد إلكتروني إلى: Patient.Information@leicspart.nhs.uk

Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 020 7253 7700 নম্বরে ফোন করুন বা Patient.Information@leicspart.nhs.uk ঠিকানায় ই-মেইল করুন।

Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 020 7253 7700 或發電子郵件至：Patient.Information@leicspart.nhs.uk

Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 020 7253 7700 પર ટેલિફોન કરો અથવા Patient.Information@leicspart.nhs.uk પર ઇમેઇલ કરો.

Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 020 7253 7700 पर हमें फोन करें या Patient.Information@leicspart.nhs.uk पर हमें ईमेल करें

Polski

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formacie, prosimy skontaktować się z nami telefonicznie pod numerem 020 7253 7700 lub za pośrednictwem poczty elektronicznej na adres: Patient.Information@leicspart.nhs.uk

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 020 7253 7700 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: Patient.Information@leicspart.nhs.uk

Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 020 7253 7700 ama email u dir: Patient.Information@leicspart.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 020 7253 7700 یا ای Patient.Information@leicspart.nhs.uk میل پر رابطہ کریں