

My questions and thoughts

MYCAMHS
Choices
www.mycamhschoices.org

My CAMHS Choices is not for emergencies

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www.mycamhschoices.org

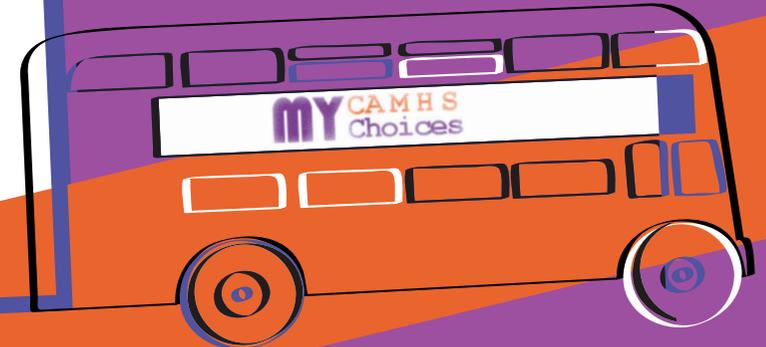
The website for :

Young people interested in CAMHS and professionals working with children and young people

IF YOU NEED URGENT SUPPORT:

- Speak to your GP
- Dial 999
- Go to A&E
- Contact The Samaritans, 24/7 on 08457 90 90 90 / jo@samaritans.org
- Contact Childline: 0800 11 11

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- Are you thinking about going to CAMHS?
- Are you currently involved with CAMHS?
- Have you been to CAMHS before?

If you answered yes to any of them above you might find the information in this leaflet useful.

CAMHS stands for 'Child and Adolescent Mental Health Service'.

CAMHS helps children and young people when they find it hard to cope with their feelings, thoughts or behaviours.

You might be wondering '*what does CAMHS do*', '*what will it be like*', '*who will I see there*' or '*who can come with me*', '*how can CAMHS help*', '*will they think I am crazy*' or '*will it be ok?*'

If you have questions like this, check out www.mycamhschoices.org. It's a website young people helped us to create, to support other young people find answers and understand CAMHS.

The website is **developing** all the time and we welcome your ideas and suggestions to make it even more helpful. You can click on the feedback tab on the website and tell us your views.

FEEDBACK

These are some of the questions that other young people wanted answers to when they first went to CAMHS. You'll find answers to these and lots more on the www.mycamhschoices.org

- *What will it be like when I come to CAMHS?*
- *What is a diagnosis?*
- *Can I talk to someone in private?*
- *What will my therapist be like?*
- *What happens if I am not getting better?*
- *What happens when I leave CAMHS?*

YOUNG PEOPLE WHO USED THIS SITE HAVE SAID:

- *made them feel less worried and more empowered to ask questions from their worker at CAMHS*
- *helped them to feel more confident to talk about things that were important for them.*

YOUNG PEOPLE SAY:

"There were videos and it was quite easy to read; there wasn't pointless information which didn't make it boring."

"Now I've got questions and answers that I hadn't considered before."

"It lets you know how to ask questions about CAMHS if you went along to an appointment."

As well as videos, the website also tells you where you can find more self-help information including some useful advice, telephone numbers and websites.

You might want to write down, on the back of this leaflet, some of the questions you have after looking at the website and take those with you to your first appointment. Your worker should be able to answer those questions.

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