

## **WHAT DO YOU WISH YOU'D KNOWN BEFORE COMING TO CAMHS?**

**Q** What do you wish you'd known, before you went in to CAMHS, when you were thinking about going to CAMHS?

**A** I didn't know, I didn't know anything at all, and there was hardly any information, I didn't even have a leaflet, so all I was told was I had been referred to CAMHS, I wasn't even told what CAMHS stood for, so I went home and Google'd it which wasn't the best idea because there wasn't anything sort of specific, there were just lots of, lots of different bits of information that wasn't actually that helpful to read and just scared me a bit more, so there were, I had so many questions, I wanted to know what they were, who worked there, what treatment was there, did I have to go? I just had so many questions that, lots of questions.