

List of questions currently covered in video footage on 'My CAMHS Choices'

You are encouraged to ask the following questions in your videos, however if they are considered applicable to the purposes of the website you may wish to ask other questions, which may then be added to this list for others to reference.

About Therapy

- What do you wish you'd known before coming to CAMHS?
- Did you get a chance to answer your questions about CAMHS?
- What advice would you give your past self about CAMHS?
- Were you always seen at CAMHS or were you seen elsewhere?
- Did you go with your parents the first time you went to CAMHS?
- How often will sessions take place in CAMHS?
- How long is the average CAMHS session and what happens if I don't want to come anymore?
- Do I have to come to sessions in CAMHS if I don't want to?
- What would happen if I couldn't get to my appointments in CAMHS?
- What different treatments are available in CAMHS?
- Who decides on the type of therapy I'll receive?
- If I have medication, will I get a say on what medication this is?
- What if I want medication but my worker doesn't think it's right for me?
- What happens if I need inpatient care as part of my treatment in CAMHS?
- How different is inpatient and outpatient care in CAMHS?
- Can I have visitors if I'm in an inpatient unit?
- What are your rights if you are sectioned?
- Are appointments available outside of school hours?
- What was the best bit about your first CAMHS meeting?
- What was the worst part about your first CAMHS meeting?
- Did you feel listened to and respected in CAMHS?
- Did you do things to help yourself during your time at CAMHS?
- Are there other services I could go to?
- What kinds of places can I get help?
- Will my parents come with me?
- Can you tell me about the mental health act?
- What's the difference between counselling and CBT?
- Will I be given homework in CAMHS?
- What do you think makes a good service?
- Were your parents told things about you and your sessions?
- What different types of treatment were there when you got to CAMHS?
- You said you didn't get a choice with what therapy you wanted, how did you feel about that?
- In retrospect, would you have wanted a choice?
- Were appointments available outside of school hours?
- Could you contact anyone in an emergency?
- What do you think makes a good service?
- Will I have to miss school to come to my appointments?
- What kinds of things can make a session go well?

- What shouldn't happen in a good service?
- How long would you work with somebody using Interpersonal Therapy?
- What type of therapy do you do with young people?

About Diagnosis

- What is a diagnosis and what if I don't want one?
- Did you get a diagnosis when you went to CAMHS?
- What if I disagree with my diagnosis (if I've been given one)?
- Will a diagnosis go on my medical record?
- Who would a young person have to tell about their diagnosis?
- What is the difference between having hallucinations as part of psychosis and self-talk?
- Does being referred to CAMHS mean you're crazy?
- Does being diagnosed with something automatically mean I get medication?
- What does it mean to have a diagnosis and will everybody that comes to CAMHS get a diagnosis?
- If someone has psychosis, what does this mean?
- How do you think people who receive a diagnosis are treated?
- What did you think would happen after you got the diagnosis?
- Do you think that some young people might feel that their view on a diagnosis has not been listened to?
- What does it mean to have a diagnosis and will I get a diagnosis at CAMHS?
- Are there any negative things about having a diagnosis?
- What if I don't want a diagnosis or I don't agree with the one I have?

Feeling stuck?

- How did you keep an eye on how things were going through your treatment?
- How do you know how well a session has gone?
- How do you measure if the sessions are being helpful?
- What might change as a result of going to CAMHS?
- If we need to change track, what options do I have?
- What happens if I start getting better but I relapse?
- What can I do if I'm not currently being seen by a service but I'm struggling?
- How can I become more motivated to attend appointments?
- What shouldn't happen if CAMHS is doing its job properly?
- How will I know if my sessions are really helping me?
- What sort of outcomes do therapists get with the people they see?
- What happens if progress isn't being made?
- What happens if I don't feel that progress is being made?
- How did you measure how successful a session was to you?
- How did you know that CAMHS was working for you?
- What would you have done if you felt progress was not being made?
- Can I come back to CAMHS if I leave but then things get worse again?
- Did you ever relapse whilst in CAMHS?
- What if things don't work out?

Moving on

- Do you ever hear from people a few years on after they've left CAMHS?
- Who decides when I've had enough treatment in CAMHS?
- Who decides when I have to leave CAMHS?
- Will I be given warning when my sessions are going to come to an end?
- What can I do if I'm finding it difficult to leave CAMHS?
- What happens if I'm still in CAMHS when I turn 18?
- What can I do if I'm not currently being seen by a service and I'm struggling?
- Did you make the decision to leave?
- Once I've been discharged from CAMHS is there any other help I can receive?
- How will my therapist help me to move on from therapy?
- Can I come back if I leave and things get worse?
- Who decided when you would leave CAMHS?
- Did you ever relapse whilst in CAMHS?
- If I'm referred to a different service will my CAMHS worker support this transition?

My Therapist

- Do I get just one worker or is there a team of people to help me?
- If my CAMHS worker isn't available can I talk to someone else?
- Can I see my worker outside of the CAMHS clinic?
- Why is the client/therapist relationship so important?
- How did your CAMHS worker respond if you said things that were difficult for you to share?
- What if I don't get on with my worker or have a connection with them?
- What if I don't like or connect with my therapist?
- How can I make a complaint about my worker?
- What kind of professionals could work with me?
- Which professionals worked with you at CAMHS?
- How often will I see my worker?
- Can I get help out of office hours?
- Can I get an emergency meeting if I'm feeling really bad?
- Can I talk to my worker outside of school hours?
- What happens if my CAMHS worker leaves?
- Which professionals worked with you at CAMHS?
- Did any workers leave while you were at CAMHS?
- How can I give feedback about my sessions? Is it anonymous?
- Did you ever feel that your worker might say something hurtful to you?
- What would happen if your worker left?
- If your CAMHS worker had passed on information about you would they tell you first?
- How did you give feedback to your CAMHS worker?
- How often will I meet with my CAMHS worker?
- What do I do if my worker says something hurtful to me?
- Why is the relationship that I have with my worker so important?

Privacy

- Who has access to what a young person says to their worker in CAMHS?
- What is confidentiality?
- Will you give my information to anyone?
- Will letters addressed to me be copied to my parents?
- Is it possible for a young person to go on medication without parental consent?
- Would CAMHS liaise with your school?
- Should I talk to my friends about CAMHS?
- Did people respect your confidentiality?
- Who had access to information about you?
- Did your teachers know you were involved with CAMHS?
- If your CAMHS worker had passed on information about you would they tell you first?
- Were your parents told things about you and your sessions?
- How did you talk to your friends about CAMHS?
- Did CAMHS ever liaise with your school while you were seeking their services?
- Were you worried that people would think you were crazy if you went to CAMHS?
- How could I talk to my friends about going to CAMHS?