

WHAT IS CONFIDENTIALITY?

Q What does confidentiality mean?

A So confidentiality means that whatever you talk about within your individual sessions with the clinician that's helping you that there is a privacy to that information that's shared and discussed so it means that you can feel fairly safe to share personal matters, things that you may not feel comfortable talking about elsewhere. There is always a limit to confidentiality and that limit comes back to if anybody, either the young person or somebody else, through that young person is at any kind of risk then we need to break confidentiality so there is always a limit to confidentiality. But if that ever needed to happen we would talk that through with you, with the young person and really think about the best way to move forward. But more often than not we are very keen within CAMHS to maintain confidentiality and keep the information that a young person shares privately because we want to respect a young person's space, their thoughts, their feelings. There'd only be very limited situations in which we would ever break confidentiality and we'd explain that very carefully if it ever came to that.