

Do you know
what to
expect
from CAMHS?



myCAMHS
Choices
www.mycamhschoices.org

My CAMHS Choices is a website featuring real life experiences of mental health services for young people and families, by young people and professionals.

This website is a tool for putting you at the centre of your treatment and providing you with the information that allows you to have some control over it.

Flick, ex-service user

THE MY CAMHS CHOICES WEBSITE

Features video interviews of young people and professionals talking about CAMHS. The website was created from a three year collaboration between YoungMinds, Off the Record (Bristol) and the Anna Freud Centre, funded by the Department of Health.

THE MY CAMHS CHOICES WEBSITE ANSWERS QUESTIONS ABOUT:

CAMHS:	What will it be like when I come to CAMHS?
PRIVACY AND CONFIDENTIALITY:	What details of my therapy will be shared and who with?
FEELING STUCK:	What can I do if the help isn't working?
DIAGNOSIS:	What is a diagnosis and do I need one?
MY THERAPIST:	What choices will I have about who I work with in CAMHS?
MOVING ON:	What will happen when I leave CAMHS?

NEW! SUBMIT YOUR OWN VIDEO ABOUT YOUR EXPERIENCES OF CAMHS

This website gives young patients a more informed idea of what the service has to offer- I would want to pass the details on to any young people I was referring to CAMHS.

GP, London

You can contact the people behind the website by emailing mycamhschoices@annafreud.org

The Evidence Based Practice Unit at the Anna Freud Centre and UCL, bridges the worlds of academic research and mental health practice, whether in clinics, schools or elsewhere. EBP Unit develops and shares the latest evidence with mental health professionals who want to reflect on and improve the support they provide to children, young people and their families. The unit works with front line practitioners, service users, service managers, commissioners, policy makers and others to improve service provision by shining a light on current practice. It draws on and contributes to the latest research, and develops practical tools, training and information.