

Feedback about CAMHS

We have included the following feedback about CAMHS so you can see what service users have to say about us.

We know that you may be anxious or worried about your child's appointment, so this feedback may help.

"everyone was very friendly and helpful"

"They were willing to help my family as well as me."

"I could talk to them about anything which was on my mind and trust them."

An overview of CAMHS

- We accept referrals from GPs, Paediatricians, School Counsellors, School Nurses, Social Workers and others who work with children and young people
- We aim to see new referrals as quickly as possible. When referrals don't meet the criteria for CAMHS, we try to provide advice or signpost to services who can help
- We base our assessments and interventions on the latest evidence of what works in order to provide the most effective treatment for the children and young people we help
- We often work with schools, children's social care and other agencies who work with young people. We provide teaching and training to other staff who work with children, young people and carers
- We offer a variety of treatments depending on need. This sometimes includes prescribing medication. These treatments can include individual therapy, cognitive behavioural therapy, family therapy, support for parents and carer, or group therapy
- Our team includes child and adolescent psychiatrists, clinical psychologists, specialist CAMHS nurses, family therapists, a social worker and administration staff



www.gov.je/CAMHS

www.rcpsych.ac.uk/mentalhealthinfo/youngpeople

www.youthfulminds.org.uk

www.kooth.com

A guide to the Child & Adolescent Mental Health Services (CAMHS)

Information for
Parents & Carers



CAMHS
Children, Young People,
Education and Skills



What is CAMHS?

We are a mental health assessment and therapeutic service for children and young people (up to their 18th birthday).

What is mental health?

"The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children & young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities" (Young Minds, 1999).

What is the difference between 'mental health' and 'mental health problems'?

The term 'mental health' is often confused with mental ill health. In fact, everybody has mental health. The term 'Mental health problem' refers to problems that interfere with a person's thoughts, emotions and/or behaviour.

Who is affected by mental health issues?

Anyone can be affected by mental health issues but it is estimated that one in six children and young people have a mental health problem.

What do we offer?

Following referral to CAMHS we may offer:

- individual therapy
- family therapy
- support for parents and carers
- group therapy (children or young people with similar difficulties seen together in groups)
- assessment of neurodevelopmental differences, such as ADHD or Autism

The person you meet with will depend on your needs. We often work with schools, the Children's Service and other agencies working with young people; helping them to help you.

Appointments are generally at CAMHS in St. Helier. Home or school visits may be offered if it is felt to be more appropriate. We do try to arrange appointments at convenient times, although most appointments take place during the normal working day.

Who is on the team at CAMHS?

- Child and Adolescent Psychiatrists
- Clinical Psychologists
- Specialist CAMHS Nurses
- Social Worker
- Family Therapist
- Administration Staff

Confidentiality?

When you attend CAMHS, confidentiality will be discussed with you and your family, including what would be shared, if anything.

The amount of information shared will depend on your wishes and we will ask your permission first. If we feel that you or someone else is in danger we may speak to other people who can help.

Where is CAMHS & how to contact us?

You can contact CAMHS on:

Telephone: (01534) 445030 **Email:** HssCamhs@health.gov.je

Address: Liberte House
19 - 23 La Motte Street,
St. Helier, Jersey

