

# What is Confidentiality?

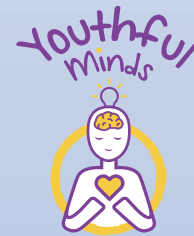
Confidentiality means that what you say to us will only be discussed with the team at CAMHS and your parents if this is what you want. When you come to CAMHS we will not share information with anyone else unless we feel that you or someone else would be in danger.

# How to come to CAMHS?

You can ask your teacher, school nurse or doctor to give us your details to come and talk to us.

We will try to see you as quickly as possible and if we cannot help we will find someone else who can help you.

A space for you to write or draw any worries, questions or concerns you may have:



[www.gov.je/CAMHS](http://www.gov.je/CAMHS)

[www.rcpsych.ac.uk/mentalhealthinfo/youngpeople](http://www.rcpsych.ac.uk/mentalhealthinfo/youngpeople)

[www.youthfulminds.org.uk](http://www.youthfulminds.org.uk)

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

Information for Ages 0-11 Years



**CAMHS**  
Children, Young People,  
Education and Skills



## What is CAMHS?

CAMHS is short for Child and Adolescent Mental Health Service. We are a mental health service for children and young people (up to their 18th birthday).

## What is mental health?

Everyone has mental health just like physical health. Sometimes young people can feel that they are too stressed, unhappy or angry, and that's when you might come and see us. We help find out what's wrong and what might help you feel better.

## What have people said?

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

"everyone was very friendly and helpful"

Celebrate differences



## Who is in the CAMHS team?

Everyone who works here in the team is very friendly, here to help you with your worries and very easy to talk to.

## How we can help?

After seeing you we can help you in different ways;

- individual therapy - talking to someone on your own
- family therapy - talking with your parents and a therapist
- help for your parents or carers
- group therapy - people with similar worries seen together in groups
- Assessments for ADHD and Autism

We sometimes work with schools, the Children's Service and other people working with children who might be able to help you. You will normally see us at CAMHS. Sometimes we can see you at home or school if that is better for you.

## Where is CAMHS?

CAMHS is based at Liberte House 19-23 La Motte Street, St Helier, Jersey, JE2 4SY.

If you need directions please call our team on the number below who will be pleased to help.

## 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

