

Talking therapies

Talking therapy treatment could include (depending on what is best for you):

- Looking at how you deal with your relationships
- Looking at how you deal with problems
- Looking at your goals, what you want to achieve in the present and future
- Education and activities
- Guided self help (with the internet, books or activities)

In addition to talking therapy, a psychiatrist may offer medication to a smaller number of children and young people to help with their symptoms. If so, there are regular appointments with the psychiatrist to make sure the medication is right for you

Confidentiality

- We will always respect confidentiality.
- We only share information about you with your knowledge or if there is a particular and pressing need to do so for your safety.
- Sometimes we need to get in touch with other people who are helping you, such as your teacher, GP or another doctor or nurse. We will ask your permission before we talk to anyone else about you.
- If you want, and if it is appropriate, the therapist will also be able to talk to your family on your behalf.

How can you get help from community CAMHS?

Your GP, school or other professional working with you may have suggested that our service will help you. Even if you haven't been referred by one these people, you can contact us yourself to find out if we can help, or if we can help you find other, more appropriate services. You can contact us by phone, fax or letter (see back page.)

Contact us

Brookside Clinic
18 Trumpington Road
Cambridge CB2 8AH

T 01223 465100
F 01223 465275

Newtown Centre
Nursery Road
Huntingdon PE29 3RJ
T 01480 445281
F 01480 445349

Alan Conway Court
Doddington Hospital
Doddington PE15 0UG
T 01354 637087
F 01354 644262

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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Leaflet review date: January 2020

For more information

HQ Elizabeth House, Fulbourn Hospital,
Cambridge CB21 5EF.
T 01223 219400 **F** 01480 398501

www.cpft.nhs.uk



CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help

Cambridgeshire Community Child and Adolescent Mental Health Services

Information for children, young people
and families



Pride in our children's, young
people's and families services

A member of Cambridge University Health Partners



Cambridgeshire Community Child and Adolescent Mental Health Services (CAMHS) can help children and young people with problems that may be affecting your mood, giving you feelings of anxiety, or affecting your behaviour.

Sometimes young people find they are worrying more than usual, are feeling down and thinking about self harming or have worries about their body image.

There is a lot of evidence to show that getting help as early as possible and using talking (psychological) therapies can help you understand and cope with how you are feeling.

Who can use the Cambridgeshire Community CAMH Service?

It's open to you if you are aged 17 or under (or under 18 years old if you have a learning disability), and are registered with a GP in Cambridgeshire.

Some examples of the problems we can help with:

- Feeling low
- Feeling more than normally worried or anxious
- Hurting yourself
- Obsessive habits that you can't stop
- Eating problems
- Having lots of worrying thoughts about yourself or other people



What if that doesn't apply to you?

There are lots of services available and, if we do not think we are the most suitable service for you, we will help you and your family to find one that is more suitable. This could be: more support from your school, a youth agency or charity, a self-help programme or, if needed, a referral to one of our more specialist clinics. We will work with you to help you find the best support for you.

What do we offer?

When we receive a request to see you, if we think we are the most suitable service for you, we will contact you to offer you an appointment. This appointment could be at one of our clinics or, if this is difficult for you to get to, or unsuitable, we will arrange to meet you in your GP surgery, your home or school, or somewhere else you would feel comfortable.

We will help you to prepare for your sessions with us to make sure that you get the most benefit from your treatment. We will let you know if you might have to wait before you start seeing us regularly. If this is likely, we will work out with you what would be the most suitable type of support for you while you are waiting. We will make whatever arrangement is needed to set this up. We can also help you to find information that may help while you are waiting for your treatment to start.

You will be seen by one of our therapists who are all trained in psychological therapies. For some children or young people, we will offer an appointment with one of the child and adolescent psychiatrists.

What happens when you come to your appointment?

Children are always invited to their first appointment with their parents, and we encourage young people to do the same. But we will always offer you time on your own with us as well as with your parents. We understand that some young people do not want their parents to attend. If this is an issue for you and you would like to discuss this, please call us or ask a professional person who knows you to call us.

The therapist will discuss with you what they feel will be helpful and what the therapy involves. You will be asked to complete some questionnaires that help us to understand what has been happening to you and how best to help and support you.

We will ask you to complete further questionnaires during the sessions and at the end of your treatment – they are important because they show us whether you are getting better!

We really want your feedback to ensure that we are providing the right treatment for you and to help develop services for other young people like yourself.