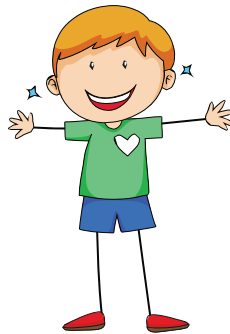
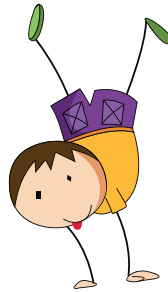


# How we can help you

East of England Community Forensic CAMHS Team



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

# Who we are



We are a health team for children and young people



We work with children and young people who are saying or doing things that are worrying

These worries may be about scaring or hurting someone else



# How we can help



We will meet you. Someone that you trust can join you

We will meet you in a quiet place where you feel safe



You can take breaks and move around if it's hard to talk for a while



We will talk to you about these problems and what might help

If it is ok with you, we will talk to your family or carers. We will tell you if we need to contact other people



We will write a letter about what we think might help you and what you would like

We might need to see you more than once



After we see you, we will ask you if you were happy with the meeting and if you felt we listened to you

## Any questions?



You might feel worried, nervous or annoyed about meeting with us. We want you to feel as calm as possible.

Please ask us any questions you have or ask someone to ask them for you.

If you are not happy, please tell us.  
You can also tell your worker, an  
adult you live with or the people  
below, called PALS



You can contact our service on:

**0300 300 9300**

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns about any of CPFT's services,  
or would like more information please contact: Pa-  
tient Advice and Liaison Service (PALS) on freephone  
0800 376 0775 or e-mail [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)

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

### **Out-of-hours' service for CPFT service users**

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

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

[www.cpft.nhs.uk](http://www.cpft.nhs.uk)

