

Who will you share my information with?

It is possible for information to be kept between you and your CAMHS worker. Sometimes we may encourage you to allow parents/carers to be involved in your care if we think it would help.

Your CAMHS worker might ask whether they can speak to other professionals in your life, however we would always ask your permission first.

The only time we would not need your permission to share information was if we were really worried about your safety or the safety of others. In this instance we would need to talk to other services to keep you out of danger. However, we would always talk you through how we would do this.

Where is CAMHS?

We work from clinics around the county, including Lincoln, Boston, Grantham, Spalding, Louth and Gainsborough. For address and pictures of clinics, please visit our website wearecamhslincs.nhs.uk

Although it is scary to come to CAMHS and you may feel anxious, it's important to know you're not alone. There is always hope. A problem shared is a problem halved and it's important to remember CAMHS are there to support you.

What are the opening times?

Usual hours are 9am-5pm but most clinics work one late night a week until 8pm.

The Crisis and Home Treatment team works 7 days a week and provides an on call service to A&E at night.

If you would like this leaflet in another language or format, such as Braille, large print or audio, please contact:

如果您想要將本傳單用其他語言或格式，例如盲文、大號字體或音頻來顯示，請聯繫：

如果您想要將本傳單用其他語言或格式，例如盲文、大號字體或音頻來顯示，請聯繫：

Jeżeli chcieliby Państwo otrzymać kopię ulotki w innym języku lub formacie, np. w alfabecie Braille'a, w powiększonym druku lub jako nagranie audio, prosimy skontaktować się z:

Se pretende una cópia deste folheto noutro idioma ou formato, tal como Braille, letra de imprensa ou áudio, contacte por favor:

Если вам нужна данная информация на другом языке или в ином формате, как, например, шрифтом Брайля, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь:

Leaflet designed and printing sourced by the LPFT Communications Team

Lincolnshire Partnership
NHS Foundation Trust
Trust HQ
St George's
Long Leys Road
Lincoln LN1 1FS

E: communicationslpft@lpft.nhs.uk

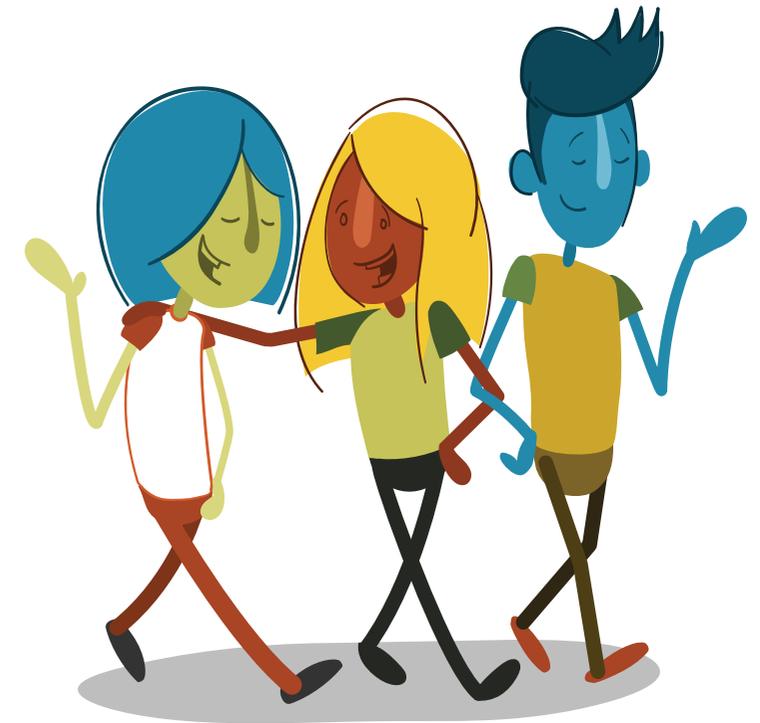
Every effort has been made to ensure that the information in this leaflet was correct at the time of print. However, changes in law may mean that in time some details in this leaflet may be out of date.

Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible.

The Trust is fully compliant with the Data Protection Act and the NHS Code of Conduct.

Published by Lincolnshire Partnership
NHS Foundation Trust - June 2018

Lincolnshire Child and Adolescent Mental Health Service (CAMHS)



You are not alone

What is CAMHS?

CAMHS stands for Child and Adolescent Mental Health Service (CAMHS). We help young people up to 18 years old (or 24 if you have been in the care system) who are experiencing difficulties with their mental health. This means we support lots of young people when they are finding it hard to cope with every-day life due to feeling sad, worried, frightened or overwhelmed.

Our teams are made up of lots of different professionals, such as nurses, social workers, psychologists, doctors and support workers who have experience working specifically with children and young people.

In the UK around one in ten children and young people have problems with their mental or emotional health. This means that you are not alone, and anybody can experience mental health difficulties

I felt I was listened to and helped through my problems and worries.



What do we help with?

Usually when young people feel sad, stressed, frightened or worried, these feelings pass with time, with help from family, friends, teachers or other professionals. However, sometimes these feelings can go on for a really long time and start to really affect your everyday life e.g. friendships, school, college. When things get to this point, CAMHS may be able to help.

At CAMHS we help young people with the following problems or difficulties.

- Low mood/ depression
- Obsessive thoughts and behaviours
- Anxiety issues, including panic
- Self-harm
- Suicidal thoughts
- Eating disorders
- Difficulties coping after a scary and traumatic event



CAMHS let me discuss what I was confused and upset about; then we talked about what we can all do together

How do we help?

If you and somebody else, such as parent, doctor or teacher feel CAMHS can help, they will ask us to meet with you. If we agree that we are the right service for you, we offer you an "assessment" appointment. This is where we meet with you to get to know more about you, including any worries or difficulties you might have. We know this can be scary, but try to remember we are here to help you.

In this "assessment" appointment we will talk and agree with you about what will happen next. If we think CAMHS can help we will talk with you about what sort of help would suit you. This will usually depend on what difficulties you are having, and will be agreed together with you and your parent/carer

Support might be one-to-one talking therapy, or group therapy where you will meet other young people with similar difficulties. Sometimes we may offer family therapy which involves you having sessions together with your family.

If somebody felt that you need to be seen immediately due to worries about your mental health and safety, they will contact our CAMHS Crisis & Home Treatment Team.

I found the group really helpful. It opened my eyes about how much I really overthink things and made me realise that I was not on my own, and I also met a friend!