

Child and Adolescent Mental Health Service (CAMHS)



Happier | Healthier | Hopeful

Information for children, young people and families.

What is CAMHS?

The Child and Adolescent Mental Health Service (CAMHS) assess and treat children, young people up to the age of 18 (and their families), who show signs of mental health difficulties. The CAMHS team members include a range of mental health professionals and specialists who are trained and experienced in working with young people and their families.

Specialist CAMHS:

Specialist CAMHS, or 'Tier 3' as it is also called, means we are here to help children and young people who have moderate to severe, long term mental health difficulties. The CAMHS team is made up of psychiatrists, clinical psychologists, occupational therapists, social workers, mental health nurses and other therapies. Therapy will be tailored to individual needs and may include individual talking therapy, group therapy, diagnosis and/or medication.

Referrals to CAMHS will be considered on the following factors:

- Is the problem at a level that is causing some distress or disruption to your life at home or school or in the area where you live?
- Has the problem been ongoing for more than 3 months, and has not been resolved despite input from other health, education or voluntary sector support or an Early Help Plan?
- Is the problem made worse by other things making change more difficult?

We can help with problems such as:

- Anxiety
- Emotional Difficulties/Depression
- Attention Deficit Hyperactivity Disorder /Attention Deficit Disorder
- Self-Harm
- Eating disorders
- Obsessive Compulsive disorder
- Post traumatic Disorder
- Somatic Disorder
- Psychotic Disorders



- More than one mental health condition
- Severe behavioural problems (as part of any of the above)

MyTime:

Within CAMHS we also have something called 'MyTime'; The MyTime Service is provided by our colleagues at Barnardo's. MyTime helps with difficulties that are less severe and have less impact on the person than those who need the Specialist CAMHS service.

MyTime is suitable for children and young people with:

- Early and mild to moderate anxiety
- Depression
- Self-harm
- Stress
- Bereavement
- Relationship and family related problems
- Simple phobias
- Low self-esteem (feeling bad about yourself)
- Changes that have upset you a lot
- Behaviour problems such as sleep
- Tantrums
- Anger management
- Bullying, social and communication difficulties

MyTime can help with issues that are having an adverse effect on you and are causing emotional distress. Whether or not you have a diagnosable mental health problem, MyTime offers face to face and one to one sessions over a six to eight week period.

Group session support (where appropriate) may also be recommended to you.

MyTime doesn't see anyone for general behavioural or anger problems, which a local community service could help with or for general issues regarding family or parental separation.

Who can refer you to be seen?

- Your doctor (GP)
- A Special child doctor called a paediatrician
- Health services such as a health visitor or Senior Practitioner
- Your school (or any Educational Services)
- Child and family social services
- Voluntary services that are helping you

Find out more

Further information about CAMHS is available:-

CAMHS

<https://www.cumbriapartnership.nhs.uk/our-services/children-families/our-children-and-families-services/child-adolescent-mental-health-services>

Information on the CAMHS service.

Weston's Welcome

<https://www.cumbriapartnership.nhs.uk/our-services/children-families/westons-welcome>

Informative videos for children and young people.

When the CAMHS service receives the referral they assess the information they have been given to see if you need to be seen by them. If it is not the right service for you at this time then you can access help from other areas if needed:

Young Minds

www.youngminds.org.uk

Information for young people about emotional and mental health issues

Youth Access

www.youthaccess.org.uk

Puts young people in touch with local contacts for counselling, advice and information.

Kidscape

www.kidscape.org.uk

A website with information and advice on bullying.

The Hideout

www.thehideout.org.uk

Offers support to young people living with domestic abuse.

BBC Headroom

<http://www.bbc.co.uk/headroom/>

A useful site full of information, videos and wellbeing guides.

Beat

www.b-eat.co.uk

A website providing information on eating disorders.

Kooth

www.kooth.com

Kooth is a free online service that offers emotional and mental health support for children and young people.

Contact us

CAMHS East (Carlisle & Eden) Fairfield Centre, Carleton Clinic, Cumwhinton Road, Carlisle, CA1 3SX
Tel No: 01228 603017
camhs.east1@nhs.net

CAMHS West (Copeland & Allerdale - including Millom) Ann Burrow Thomas Health Centre, South William Street, Workington, CA14 2EW
Tel No: 01900 705800
camhs.west1@nhs.net

CAMHS South (South Lakes & Furness)
Fairfield Centre, Fairfield Lane, Barrow, LA13 9AJ
Tel No: 01229 402696
camhssouth@nhs.net

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890** E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



Happier | Healthier | Hopeful

CH001

Version: v1

Issue date: April 2017

Review date: April 2019

© 2016 Cumbria Partnership NHS Trust