

Who else can I talk to?

You may find the following organisations are helpful:

Young Minds

Information for C&YP about emotional and mental health issues

Young Minds Parent Information Service

Tel: 0800 018 2138
www.youngminds.org.uk

Childline

Tel: 0800 1111
A free confidential support service for children and young people.
www.childline.org.uk

Ask Frank

Information about drugs and support
www.talktofrank.com

Beat (Beating Eating Disorders)

www.b-eat.co.uk/Home
NSPCC Child Protection Helpline
Tel: 0808 800 5000
www.worriedneed2talk.org.uk

NHS Direct

Tel: 0845 4647
Health advice 24 hours a day, 7 days a week
www.nhsdirect.nhs.uk

Samaritans

Tel: 08457 90 90 90
A 24 hour service offering confidential emotional support to anyone in crisis.
www.samaritans.org

Parentline

Tel: 0808 800 2222 (helpline)
Tel: 01453 768160 (local contact)
Free help and support for all parents and carers
www.parentlineplus.org.uk

Teens in Crisis

Tel: 01594 544281
Confidential crisis support services for young people aged 11-21 across Gloucestershire
www.teensincrisis.ik.com

CINCH

Support to children and young people experiencing family separation
Tel: 01452 411843

Winston's Wish

Tel: 0845 20 30 40 5
Tel: 01242 515157
Helps children and young people rebuild their lives after a family death
www.winstonswish.org.uk

Share

Tel: 01452 500300
Young people's counselling service
www.shareypcs.org.uk

Gloucestershire County Council; Children & Young People's Directorate

Tel: 01452 425300
Key partners in providing services for children and young people in Gloucestershire
www.gloucestershire.gov.uk

Connexions Gloucestershire

Tel: 01452 833646
Text: 07766413219
Service for young people providing information advice and support
www.connexionsglos.org.uk

Gloucestershire Children and Young People's Service Directory

Online guide to services, organisations and activities for children and young people, parents and carers
www.glosncpydirectory.org.uk

Contacting us

CAMHS teams are based in:

Stroud
Marsburg House
Bowbridge Lane
Stroud
GL5 2JP
01453 562284

Gloucester
Acorn House
Horton Road
Gloucester
GL1 3PX
08454 226010

Cheltenham
Delancey Hospital
Charlton Lane
Cheltenham
GL53 5DU
01242 275015

For more information about 2gether NHS Foundation Trust, please visit us at www.2gether.nhs.uk

If you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester, GL1 1LY. You can email us at 2gether.comms@glos.nhs.uk or call us on 01452 891604.



Child and Adolescent Mental Health Services

Specialist Support for Emotional and Mental Health Difficulties for Children and Young People



What is CAMHS?

Child and Adolescent Mental Health Service (CAMHS) provides help and specialist support for children and young people up to the age of 18 and for their families and carers.

Usually children and young people referred to us are experiencing moderate to severe emotional, behavioural, psychological, developmental or relationship problems that worry them and their families.

These can cause significant difficulties to their every day living and can be hard to understand.

How are referrals made to CAMHS?

Referrals can be made by a range of professionals; GPs, Social Workers, Teachers, Connexions, Health Workers and staff from the Children and Young People's Directorate, part of Gloucestershire County Council.

Usually help is already being offered in the local community or at school through a Common Assessment (CAF), a special needs assessment or a social work assessment.

What kinds of difficulties are referred to the teams?

It is quite common for children and young people, families and carers to feel stressed, anxious, down or angry from time to time but sometimes these feelings can be overwhelming and just won't go away.

This can result in children and young people experiencing:

Depression: where sad thoughts and feelings persist. This may follow family breakdown, trauma, loss, separation, or abuse and may involve self harm.

Anxiety: where worries and concerns become excessive and sometimes can result in phobias, rituals and/or repetitive thoughts and actions such as Obsessive Compulsive Disorder (OCD) or Post Traumatic Stress Disorder.

Developmental disorders: these include Attention Deficit Hyperactivity Disorder (ADHD), social and communication difficulties such as Asperger's Syndrome or Autism and disorders such as Tourettes Syndrome.

Other illnesses or difficulties which are less common may include: eating disorders, bipolar disorders, psychosis, personality problems, attachment difficulties, infant/pre school mental health problems, conduct disorders or when a young person is at risk of harming themselves.



What specialist skills are offered?

A number of different professionals with different skills work in CAMHS. In some instance, team members will work together or with other professionals for children and young people referred to CAMHS.

Administrative staff: Team members, who organise appointments, answer the phone and provide admin support.

Art Therapist: A form of psychotherapy which uses art materials to help express feelings and resolve problems.

Clinical Psychologist: Psychologists with specialist training in psychological approaches to the treatment of mental health problems.

Community Psychiatric Nurse (CPN) & Clinical Nurse Specialist: Nurses with specialist knowledge and training in mental health.

Family Therapist: Therapist who works with the whole family to make changes to the way family members relate to each other.

Occupational Therapist (OT): Therapist who uses play and other activities to understand and help with feelings and worries that impact on day to day living.

Primary Mental Health Workers (PMHW's): Professionals from a variety of backgrounds who are trained and experienced in working within the community to promote positive mental health and well being. These professionals link with community settings like schools, youth clubs, and children's centres and can give advice and support at an early stage when difficulties first arise.

Psychiatrist: Doctors with specialist training in child and adolescent mental health.

Child Psychotherapist: Therapists who have specialist training in psycho-analytical methods of treatment.

Students: CAMHS teams have a responsibility to provide training. Sometimes students may be involved in the work of the team. If you are not happy with this then please let us know before your appointment. This will not affect your treatment in any way.