

An overview of CAMHS

We accept referrals from GPs, Paediatricians, School Counsellors, School Nurses, Social Workers and others who work with children and young people.

We aim to see new referrals as quickly as possible. When referrals don't meet the criteria for CAMHS, we try to provide advice or signpost to services who can help.

We base our assessments and treatments on the latest evidence of what works in order to help you in the most effective and helpful way.

Feedback about CAMHS

We have included some feedback about CAMHS so you can see what service users have to say about us.

"everyone was very friendly and helpful"

"They were willing to help my family as well as me."

"I could talk to them about anything which was on my mind and trust them."

A space for you to write down any worries, questions or concerns you may have:



www.gov.je/CAMHS

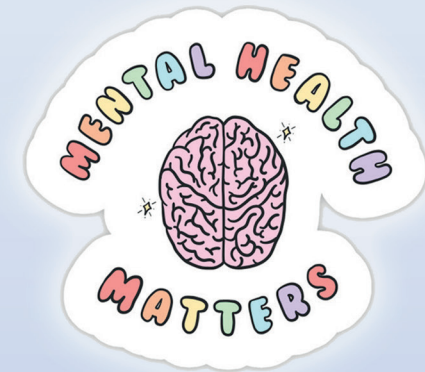
www.rcpsych.ac.uk/mentalhealthinfo/youngpeople

www.youthfulminds.org.uk

www.kooth.com

A guide to the Child & Adolescent Mental Health Services (CAMHS)

Information for Ages 12-18 Years



CAMHS
Children, Young People,
Education and Skills



What is CAMHS? (Child and Adolescent Mental Health Service)

We are a mental health assessment and therapeutic service for children and young people (up to their 18th birthday).

What is mental health?

"The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children & young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities" (Young Minds 1999).

What is the difference between 'mental health' and 'mental health problems'?

The term 'mental health' is often confused with mental ill health. In fact, everybody has mental health. The term 'Mental health problem' refers to problems that interfere with a person's thoughts, emotions and/or behaviour.

Who is affected by mental health issues?

Anyone can be affected by mental health issues but it is estimated that one in six children and young people have a mental health problem.



What do we offer?

Following referral to CAMHS we may offer:

- individual therapy
- family therapy
- support for parents and carers
- group therapy (children or young people with similar difficulties seen together in groups)
- assessment of ADHD or Autism

The person you meet with will depend on your needs. We often work with schools, the Children's Service and other agencies working with young people; helping them to help you.

Appointments are generally at CAMHS in St. Helier. Home or school visits may be offered if it is felt to be more appropriate. We do try to arrange appointments at convenient times, although most appointments take place during the normal working day.

Who is in the CAMHS team?

- Child and Adolescent Psychiatrists
- Clinical Psychologists
- Specialist CAMHS Nurses
- Social Worker
- Family Therapist
- Administration Staff

Confidentiality?

When you attend CAMHS, confidentiality will be discussed with you and your family, including what would be shared, if anything.

The amount of information shared will depend on your wishes and we will ask your permission first. If we feel that you or someone else is in danger we may speak to other people who can help.

Where is CAMHS & how to contact us?

You can contact CAMHS on:

Telephone: (01534) 445030 **Email:** HssCamhs@health.gov.je

Address: Liberte House
19 - 23 La Motte Street,
St. Helier, Jersey

