



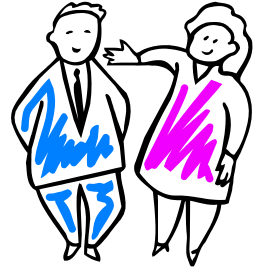
# Welcome to CAMHS

We are the Child and Adolescent Mental Health Service for Blackpool. We hope this leaflet will help you understand a little bit more about CAMHS. Who we are, what we do and why we would like you to come and see us.

## Who are the CAMHS team?

We are a group of people made up of:

- Doctors
- Nurses
- Psychologists
- Support workers
- Play therapists
- Social workers
- Occupational therapists



We are trained to listen to children and young people aged from 1 to 16 years old, who may be experiencing a range of feelings and behaviours which you may not understand and might be causing some problems at home, school or with your friends.

## Why am I coming to CAMHS?

You will have been asked to come to CAMHS because one of the following people will have thought it will help if you come and talk to us.

- Doctor
- School nurse
- Social worker

There are more people who can ask us to talk to you, but these are the most common people who ask.



## How long will my appointments take?

Each appointment will last up to one hour.

## What will happen at my first appointment?

Your first appointment is called a 'Choice appointment'; This is when you will talk to a member of the CAMHS team and together we will choose whether you would like to come and see us again, and for us to decide who is best in our team to help you. We may also discuss how many appointments you may need.

## What happens next?

If we think it's best for you to come and meet us again you will be given a second appointment, this is called a 'Partnership Appointment'; At this appointment you will meet the person who will work with you and your family while you are coming to CAMHS and together you will decide...

- How often to meet
- What support you need
- What you will be doing at your appointments

## What will I do at my appointments?

Some of your appointments may include your family; these could be either Family Sessions or Family Therapy sessions. Other appointments, you may come on your own when you and your CAMHS worker may do many different things including;



- Artwork
- Talking / counselling
- Play therapy + Problem solving



## What happens until then?

Until your appointment some people find it helpful to keep a diary or to try out different things to help you cope like sport or art activities. You can also find help and advice on several websites such as: [http://www.bbc.co.uk/health/support/support\\_young.shtml](http://www.bbc.co.uk/health/support/support_young.shtml)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

## Where is CAMHS?

CAMHS is based at:



### **Whitegate Health Centre**

150-158 Whitegate Drive  
Blackpool, FY3 9ES  
Phone Number 01253 657166



**We look forward to seeing you and hope this leaflet has helped**

## Options available

If you'd like a large print, audio, Braille or a translated version of this booklet then please call **01253 655588**

## Patient Relations Department

For information or advice please contact the Patient Relations Department via the following:

Tel: **01253 655588**  
email: **patient.relations@bfwh.nhs.uk**

You can also write to us at:  
**Patient Relations Department  
Blackpool Victoria Hospital  
Whinney Heys Road  
Blackpool  
FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

## Travelling to our sites

For the best way to plan your journey to any of the local sites visit our travel website:  
**www.bfwhospitals.nhs.uk/departments/travel/**

## Useful contact details

Hospital Switchboard:  
**01253 300000**

## References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:  
**Policy Co-ordinator/Archivist  
01253 303397**



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