

Your first visit to CAMHS



You are going to visit CAMHS.

CAMHS is a place where you can get help about things that might be making you feel worried or things that you might find difficult.

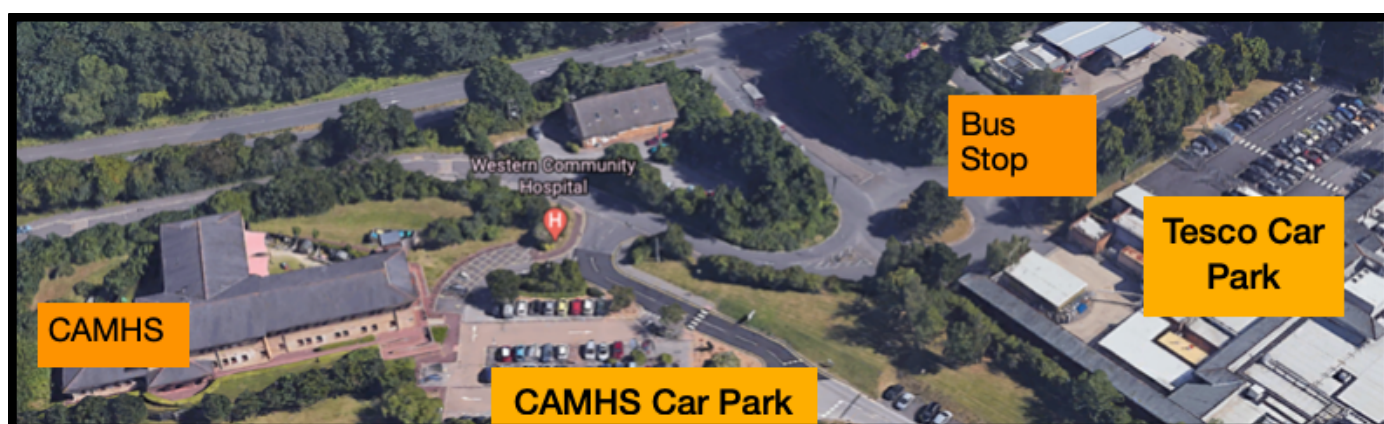
CAMHS means 'Child and Adolescent Mental Health Services.' This means it is a place for children and their families to talk about their emotions and things they find hard.

When you go to CAMHS it can feel a bit scary as it is somewhere new, but everyone there is very kind and they want to help you.



There is a car park outside of CAMHS, but sometimes it is busy.

This might mean you need to park at Tesco and walk a few minutes to get there - don't worry, it's not far! The bus stop is really close too

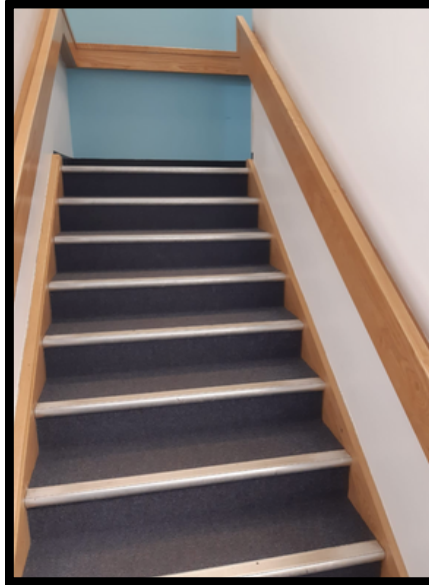


On the building you are going to it says 'Horizon,' that is the name of the CAMHS building.

When you get to the door you push a buzzer and someone from CAMHS will ask for your name and who you are going to see. Once you've told them the door opens and you can go in.



When you go inside you have to go up some stairs, but there is a lift too if you need to use that.



When you get upstairs the person you are with will go to the reception area and tell them you are here.

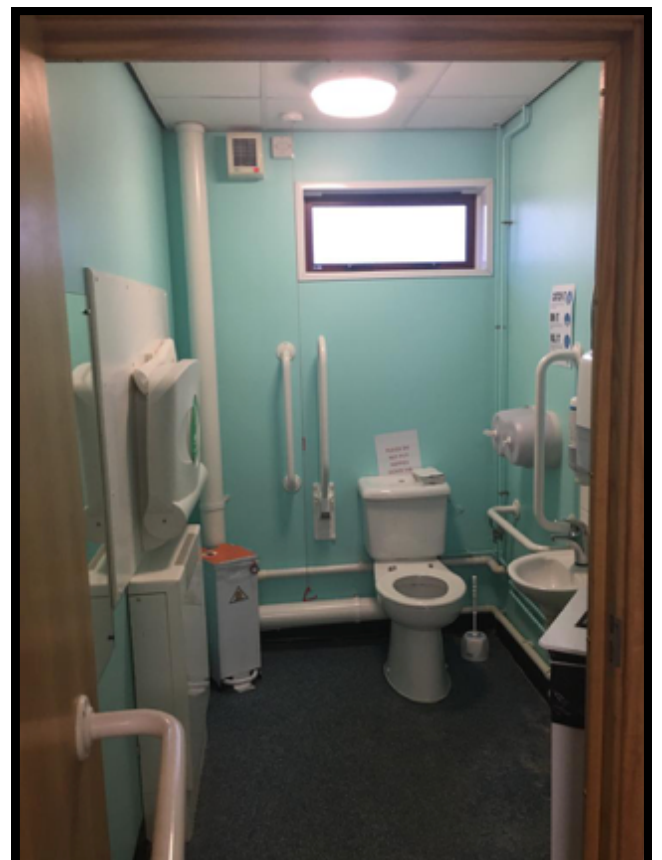
Then you can sit down while you wait for your appointment.

Sometimes there are other people waiting too and often the radio is on.



The person you are seeing will come down and call your name. You and the person you are with will follow them to a room.

There is a long corridor to walk along with lots of rooms and toilets. The room you go to can be a different one each time you go to CAMHS.



There are lots of different rooms at CAMHS.

Some are for the people who work there, some rooms are small and some of the rooms are big. One room even has a sofas and a big mirror.

There's a room for people to do art in and and other rooms where adults have meetings.

For your first visit you will usually be in a smaller room.

Although there are a lot of rooms it is a very quiet place to be.

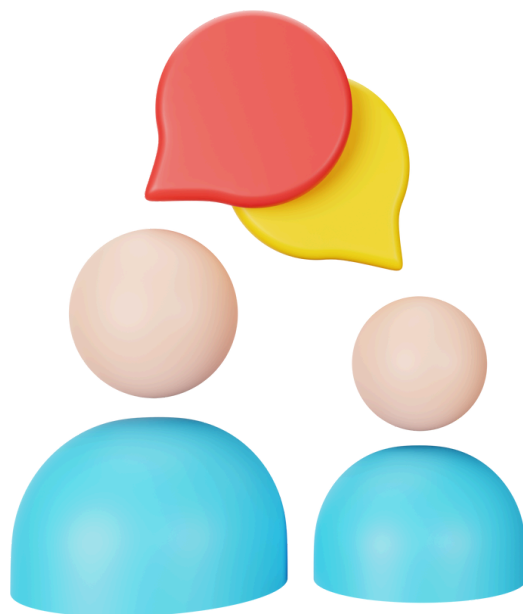


Once you get to your room there will be some chairs to sit on and the person you are seeing will ask you and the person you are with some questions.

Sometimes talking about things which you find difficult can make you feel upset or angry. The doctor or nurse will know this, but it is really important that they find out everything they can about you so they know how to help.

You can take something with you to play with during the meeting, that sometimes helps to take your mind off things. If you really don't want to talk during the meeting that is okay, you could always write some things down before you go.

Sometimes the first meetings take a little while, it can take 90 minutes. This is because it is really important to find out everything to know the best way to help you.



At the end of the meeting everyone will have talked about the best things to do next to help you. This might mean another meeting at CAMHS or trying somewhere else for help.

There is usually a really long wait to get another meeting. That is because there are lots of children like you who need help.

While you are waiting there are lots of good websites and books that might help.

When it is time to leave, the person you are meeting with will show you back to reception where you first came in and you can go home.

