

If you can, please visit our website, where you can find out more about what we do and what you can expect on your first visit:

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



## What do children and families say about us?

“felt listened to...gave me the confidence to create change”

“something seemed to shift in that meeting to allow him to see things differently and to come home differently”

“attending family therapy gave us as parents a different experience and understanding of our son”

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## Feedback

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Cheshire and Wirral Partnership NHS Foundation Trust

West Cheshire 0 – 16 Child and Adolescent Mental Health Service

(CAMHS)

Marsden House  
Brookdale Place  
Chester  
CH1 3DY

Tel 01244 393200  
Fax 01244 320268

Care • Well-being • Partnership

## What is mental health?

It can help to think of mental health as 'the way we think and feel' and 'how we manage through life's ups and downs'. For children and young people it is also about how they are developing emotionally and how their thinking may be affecting their behaviour.

## Who are West Cheshire 0-16 CAMHS? (pronounced "cams")

We are an NHS community based mental health service for children and young people up to the age of 16 who have difficulties with their mental health and who have a family doctor (GP) based in Cheshire West and Chester areas.

## Who is in the team?

We are a team consisting of male and female specially trained workers whose job it is to improve the mental health of children and young people living in the area.

We have:

- Secretarial staff
- Service Manager
- Child and Adolescent Psychiatrists
- Clinical Psychologists
- Mental Health Practitioners
- Specialist Eating Disorder team
- Specialist Autism team

Our mental health practitioners come from different professional backgrounds such as mental health nursing, social work and occupational therapy. All are trained in different kinds of talking therapy including cognitive behavioural therapy, solution focused therapy and family therapy.

## How do we help children and young people?

We can help children and young people and their families in different ways.

We are able carry out a detailed assessment to understand more clearly their difficulties with their thoughts, feelings and behaviour, and can offer practical support to help get you back on track. Sometimes our psychiatrists may give medication to help with treatment. We may work just with a child or young person, their parents or other professionals.

CAMHS is very much about giving you and your child the skills and tools to take control and make the best choices for you.

## Who can refer into the service?

We accept referrals from any professional who is involved with and concerned about a child or young person's mental health. This could be, for example, a family doctor, a teacher from school or a social worker.

## How long will it take to get an appointment?

This can vary depending on the sort of mental health difficulties a child or young person is having.

## What will happen at the first appointment?

The first time a child or young person comes to 0-16 CAMHS we usually like to meet them with their parents or carers. This is to gain a better understanding of the difficulties you are having and how we might be able to

help. However we also offer young people a chance to speak on their own.

The first appointment is called "Choice" and will last for around one hour. One or two members of the team will ask questions and take some notes. The purpose of this is to decide together whether CAMHS is the best service to help you at the moment. A plan will be agreed about the sort of help your child would like, whether we are the best people to help and about what will happen next.

## Will we tell other people about your problems?

Appointments with our service are confidential. This means that generally we will not talk to anyone outside our service about a child, young person or family without their permission. However we do have a duty to tell the referrer and the family doctor a little about what we have heard and about what we plan to do. Rarely, we may need to share information without permission when we have serious concerns about the safety and wellbeing of a child or young person.

## What are our opening hours?

CAMHS is not an emergency service; we are open Monday to Friday 9am to 5pm for appointments. If you have a question about your appointment or a concern about your child you can speak to one of the team between these hours by calling the number on the front of the leaflet. Outside these hours there is no-one in the office but we have an answering machine.



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