



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિચિત્ર કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઇમેઇલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Who will I see in CAMHS and where will we meet?

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The PALS, Complaints & Incidents Team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

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My first visit to CAMHS

At your 1st appointment we will talk to you and your family about your worries and the difficulties you are having, so that we can understand what might help to make things better for you.

Where will I meet CAMHS?

At CAMHS, we mostly work in clinics or hospitals, but we can also see you at other places close to where you live - maybe at your doctors, school or even at your home.

We will contact you to let you know where your first appointment will be, when it is and who you will meet. If we meet again, we will try our best to arrange your appointment at a place that suits you.

Who will come with me?

We ask you and your family/carers to come to your 1st appointment and we like to talk to you all, so that we can better understand the difficulties you are having and how we might be able to help. If you visit us again, sometimes we might talk to you alone, sometimes we might just speak to your parents/carers, or sometimes everyone together; this will depend on what we agree is best for you and what you prefer.

Who will I see?

There are lots of different people working at CAMHS, and we are all specially trained in helping children and young people that have mental health needs.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

Therapists at CAMHS have different professional backgrounds; they might be nurses, social workers, teachers or counsellors. They help families to understand more than one side of a problem. They will talk to you and help you find ways of coping with the problems you are having.

Psychologists are trained to understand how children think and learn. They can help with the way you behave and the way you feel and think about things.

Psychiatrists are doctors who are trained to work with people that are having problems with how they think, feel or behave. Part of their job is to decide if a person needs medicine to help them; you would only be given medicine if the doctor felt that it was the best option for you.

L.D. nurses help children with learning disabilities and their family/carers. They give focused support to improve a child's well-being and quality of life.

Support workers. Some teams may have support workers, who work alongside other CAMHS professionals and help with day-to-day issues to support children and their family/carers.

For more information about CWP CAMHS check out www.mymind.org.uk

