

A yellow speech bubble with a black outline and two pink quotation marks at the top left. It is surrounded by colorful geometric shapes like L-shapes and arrows in yellow, green, blue, and purple.

What is CAMHS?

A green speech bubble with a black outline and two pink quotation marks at the top left.

How do Wakefield CAMHS help?

A blue speech bubble with a black outline and two pink quotation marks at the top left.

What do Wakefield CAMHS help with?

A purple speech bubble with a black outline and two pink quotation marks at the top left.

Where are CAMHS in Wakefield?

A light blue speech bubble with a black outline and two pink quotation marks at the top left.

How do I contact Wakefield CAMHS?

Child and adolescent mental health services (CAMHS) in Wakefield

A guide for young people,
families and carers

A blue rectangular box with a white brushstroke effect on its right side.

With **all of us** in mind.

What is CAMHS?

CAMHS stands for child and adolescent mental health services. We are the NHS service that offers support and treatment for children and young people, aged up to 18 years old, who are experiencing difficulties with their mental health and wellbeing.

We also support parents, carers and families of these children and young people too.

Here in Wakefield, CAMHS is made up of several teams. Each team works in a slightly different way, and specialises in different areas, but we all work together to support children, young people and families during their journey with CAMHS.

Our teams are made up of lots of different healthcare professionals who have experience of working specifically with children and young people. This includes; nurses, social workers, psychologists, doctors, therapists and support workers.



What do Wakefield CAMHS help with?

Usually, when a child or young person feels sad, stressed, frightened or worried, these feelings will pass with time and with help from family, friends, teachers or other health or care professionals.

However, sometimes these feelings can go on for a very long time and start to really affect everyday life. For example; friendships, school, college and home life. When things get to this point, Wakefield CAMHS are here to help. We help young people with some of the following problems or difficulties:

- Feelings of sadness, low mood or depression
- Obsessive thoughts and behaviours such as having to check or repeat things
- Anxiety issues, including panic attacks
- Self-harm and thoughts of hurting themselves
- Suicidal thoughts or thoughts that "I don't want to be here anymore"
- Problems with eating and food
- Long standing difficulties with coping after a scary and traumatic event

We also can give parents and carers of children and young people advice on how to support their child with the difficulties they are experiencing.

We work in partnership with other health and care professionals in order to meet the needs of children, young people and families as a whole. These professionals include schools, GPs and social workers.

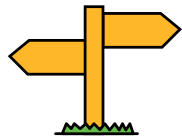
How do Wakefield CAMHS help?

Parents and carers, alongside children and young people aged 16 and 17 can contact the Wakefield CAMHS team directly for support. Please note that a child or young person must be registered with a GP practice in Wakefield to access support from Wakefield CAMHS.

All calls or referrals are managed centrally by the CAMHS 'Single Point of Access' team, who are also known as 'SPA'.

Upon contacting Wakefield CAMHS, you will speak with a friendly member of the primary intervention team. During this initial conversation, the primary practitioner will ask different questions to help make a plan to support you or your child.

CAMHS provide a range of support depending on what is needed. This support may include:



Signposting to other relevant services and resources



Group work for anxiety, low mood and self-confidence



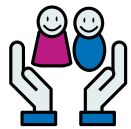
Solution-focused therapy and treatment



Cognitive behavioural therapy (CBT)



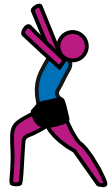
Family work and therapy



Child psychodynamic psychotherapy



Art psychotherapy



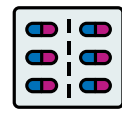
Play therapy



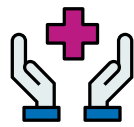
Interpersonal therapy



Eye movement desensitisation and reprocessing therapy



Medication



Urgent support when there is an immediate mental health risk

Where are CAMHS in Wakefield?

CAMHS can work flexibly to support you. This means we can provide appointments via the telephone, online or face to face. Each appointment type and location of the appointment is planned to suit your needs.

Wakefield CAMHS main bases for face to face appointments include:

Airedale Health Centre in Castleford

Drury Lane Health and Wellbeing Centre in Wakefield city centre

We are also able to offer some appointments within homes or community settings.

When should I contact Wakefield CAMHS?

Contacting and getting support, treatment or an appointment with the team is known as making a 'referral'.

Most people that contact or 'refer' into CAMHS have already received emotional and/or mental health support from another health or care professional or service. This includes; school staff, Future in Mind staff, Children's First Hub worker, Kooth, or another counselling service. If things haven't improved from this initial support, CAMHS can help.

It could also be that somebody else suggests that your child might need extra help, because they've noticed behaviours that cause them concern. Health, care, education and other professionals can make referrals to CAMHS with your consent.

CAMHS can also help with urgent concerns regarding a child or young person who needs immediate support from a mental health professional. This has previously been known as 'crisis' support. However, we always encourage young people, parents, carers or health, care, education and other professionals to contact CAMHS before a concern reaches this point.

How is information shared at Wakefield CAMHS?

It's possible for information discussed at appointments to be kept confidential between a child, young person and their CAMHS worker. However, sometimes we may ask if parents or carers can be involved in a child or young person's care (if we think it would help).

We may also ask whether we can speak to other professionals who are supporting you or your child too. This may include GPs, social care or staff at school or college. However we would always ask permission first before contacting them.

The only time we would not need permission to share information is if a child or young person shares information with us that makes us worried that:

- The child or young person is a risk to themselves
- The child or young person is a risk to other people
- The child or young person is at risk from other people

In this instance, we would need to talk to parents, carers or other services to ensure that they are kept safe. We would always try to talk the child or young person through how we would do this.

When we send updates to you or your child about your care, we would also copy this to your GP. If another professional referred you into CAMHS, we would also provide them with a copy of this update.

If you would prefer specific information not to be included, please discuss this with your CAMHS worker directly.

How do I contact Wakefield CAMHS?

To help you understand whether Wakefield CAMHS is appropriate for you or your child's needs, please take some time to look at the South West Yorkshire Partnership NHS Foundation Trust website. The website includes resources and information about help available to support young people and families with emotional wellbeing, mental health or behavioural concerns.

If you're a young person aged 16 to 17, a parent or carer of a child or young person under the age of 18, you can contact the Wakefield CAMHS team directly:

01977 735865
Monday to Friday, 9:00am – 5:00pm

You can alternatively complete an online referral form which can be found on the South West Yorkshire Partnership NHS Foundation Trust website at: www.southwestyorkshire.nhs.uk/camhs-wakefield

Urgent support

For urgent support that cannot wait until the next day, you can contact the CAMHS ReACH team (previously crisis team) **Monday to Sunday, 9:00am – 8:00pm**, on the same number as above (01977 735865). Outside of these hours please contact your out of hours GP (by calling your practice number as usual) or NHS 111.

You should only contact the emergency service on 999 or go to your nearest A&E if:

- Someone's life is at risk – for example, they have seriously injured themselves or taken an overdose
- You do not feel you can keep yourself or someone else safe



If you require a copy of this leaflet in any other format or language please contact your healthcare worker at the Trust.

W przypadku potrzeby uzyskania kopii danej ulotki w jakimkolwiek innym formacie lub języku, prosimy o kontakt z pracownikiem służby medycznej w funduszu zdrowia

اگر آپ کو اس پرچے کی نقل کسی اور ساخت یا زبان میں چاہیے تو برائے مہربانی ٹرسٹ پر اپنے/اپنی ہیلتھ کیئر ورکر سے رابطہ کریں

در صورت نیاز به یک نسخه از این جزوه به هر شکل و یا زبان دیگر، لطفاً با بنیاد تماس بگیرید کارمند مراقبت های بهداشتی خود در

Potřebujete-li kopii tohoto letáku v jakémkoli jiném formátu nebo jazyce, kontaktujte svého pracovníka ve společnosti Trust.

如果您需要此宣传册的任何其他格式或语言的版本，请联系国民医疗服务体系的医疗保健工作人员。

Ja jums nepieciešama šī bukleta kopija jebkādā citā formātā vai valodā, lūdzu, sazinieties ar savu trasta veselības aprūpes darbinieku

ਜੇ ਤੁਹਾਨੂੰ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿਚ ਇਸ ਪਰਚੇ ਦੀ ਕਾਪੀ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਟਰੱਸਟ ਵਿਖੇ ਆਪਣੇ ਸਿਹਤ ਸੰਭਾਲ ਕਰਮਚਾਰੀ ਨਾਲ ਸੰਪਰਕ ਕਰੋ

إذا كنت تحتاج لهذه الوريقة بنسخة أو لغة أخرى؛ يرجى الاتصال بالعامل الصحي التابع للمؤسسة.

Si vous avez besoin d'une copie de cet dépliant dans un autre format ou une autre langue, veuillez contacter votre professionnel de santé à la Trust.