

# The young persons' guide to CAMHS



I always come out of our sessions with a smile and feeling positive

I'm LISTENED to and TAKEN SERIOUSLY

I felt they actually CARE

Very HELPFUL, always made me feel better and less anxious about something

Lots of SUPPORT

The person who I saw taught me lots of TECHNIQUES to manage my ANXIETY, which I will use FOREVER

## WHERE YOUNG MINDS MATTER



92% of young people (39/42) who completed the survey agreed **THE HELP THEY RECEIVED WAS GOOD**



88% of young people (39/42) who completed the survey agreed **THAT THEIR VIEWS AND WORRIES WERE TAKEN SERIOUSLY**

YOU MIGHT HAVE HEARD OF THE WORD "CAMHS" BEFORE, SO WHAT DOES IT STAND FOR?



# **C**hildren & **A**dolescent **M**ental **H**ealth **S**ervices

WHAT DOES "CHILDREN & ADOLESCENT" MEAN?



**SUPPORT** to YOUNG PEOPLE in JERSEY, THEIR FAMILIES and OTHER PROFESSIONALS

HOW I FEEL INSIDE  
HOW MY EMOTIONS AFFECT ME



**MENTAL HEALTH =** Psychological and emotional WELLBEING

A YOUNG PERSON MIGHT EXPERIENCE MENTAL HEALTH DIFFICULTIES WHICH CAMHS CAN HELP WITH

CAMHS CAN ALSO HELP EXPLORE and LEARN about BRAINS and NEURODIVERSITY

**NEURODIVERSITY:** Differences in the way people's brains work. People naturally think, feel and respond to things UNIQUELY





# WHO CAN SUPPORT ME AT CAMHS?

## DUTY and ASSESSMENT



CRISIS support

HELPING MAKE THE DECISION TO WHAT TEAM IS BEST FOR YOU



## EARLY INTERVENTION

DEPRESSION ANXIETY

WORKING WITH YOUNG PEOPLE EXPERIENCING MILD-MODERATE SYMPTOMS



Teams are often based in schools which makes it easier to see them

## SPECIALIST CAMHS

HIGH LEVEL SUPPORT TO YOUNG PEOPLE AND THEIR FAMILIES



TRAUMA

OCD

PHOBIAS

EATING DISORDER

## CHILDREN in CARE



Promoting POSITIVE MENTAL HEALTH in YOUNG PEOPLE LIVING in CARE

ASSESSMENT for NEURODIVERSITIES



## NEURODEVELOPMENTAL

1:1

FAMILY SUPPORT

GROUP SUPPORT

DROP-INS

MEDICATION

POST DIAGNOSTIC SUPPORT



Be GIVEN what YOU NEED to MAKE DECISIONS e.g. an INTERPRETER enough INFO



KNOW HOW to COMPLAIN and WHAT the COMPLAINT PROCESS is

Be ASKED for your CONSENT if POSSIBLE before OPTIONS are AGREED

# WHAT are my RIGHTS?



Be given ACCESS to an INDEPENDENT ADVOCATE

YOUR OPINION MUST ALWAYS be taken SERIOUSLY when DECISIONS are MADE about you

WHAT INFORMATION is SHARED and WITH WHOM MAY DEPEND on your AGE, SUPPORT NEEDS and RISK LEVEL

If you are under 18 a MENTAL HEALTH PROFESSIONAL MAY HAVE to DISCLOSE INFORMATION to PROTECT you from SERIOUS HARM



HAVE a CARE PLAN that LISTS what your CARE will INCLUDE in a WAY that you UNDERSTAND



Do I have to take MEDICATION?



No! you SHOULD NEVER FEEL

PRESSURED into AGREEING to take MEDICATION

What if the SUPPORT I receive doesn't HELP ME?



It's important to DISCUSS at the BEGINNING of your JOURNEY the THINGS you think MAY and MAY NOT WORK for you

How OFTEN are my APPOINTMENTS how LONG do they LAST?

This will all be AGREED with YOU, your FAMILY and your CAHMS STAFF MEMBER



Do I have a LIMITED amount of TIME here?



You will discuss your GOALS and how many SESSIONS might be APPROPRIATE to start with

What happens when I TURN 18



you will discuss your current plan when you turn 17.5 y.o., if support is still needed you might TRANSITION to ADULT SERVICES



# COMMON Questions

[www.gov.je/CAMHS](http://www.gov.je/CAMHS)

## CONTACT DETAILS

HssCamhs@health.gov.je  
01534 445030

## FEEDBACK

CAMHSfeedback@health.gov.je  
01534 445030

## URGENT HELP

999 or A&E department,  
if less urgent within working hours -  
01534 445030 ask to speak to duty team

## SAMARITANS

116 123 (free to call)

## KOOTH

online chat support

[www.mindjersey.org](http://www.mindjersey.org)



COMMENTS/STATISTICS  
COLLATED FROM SURVEYS  
COMPLETED BY OUR  
YOUNG PEOPLE  
AS AT 16/08/2023