

Occupational Therapy Service – (CAMHS)

Information for children, young people and their families/carers

Child and Adolescent Mental Health Service (CAMHS)

Occupational Therapists believe that doing the things we want and need to do is important so we can live our best lives.

An Occupational Therapist can help you with:



Self-Care

- take care of yourself
- prepare a snack/meal
- get ready to go out.



Productivity

- take the bus
- go to school/college/work
- do voluntary work
- take care of where you live
- discover and learn new skills.



Leisure

- be more active
- feel more confident going out and about
- find new hobbies
- meet new people.



“Occupational therapists see beyond diagnoses and limitations. They focus on hopes and aspirations”

Royal College of Occupational Therapists

What happens when you are referred to Occupational Therapy?



Getting to know you

There are different ways that we use to get to know you:

- ask you questions, and for you to ask us questions
- face to face, telephone or video call
- meet with you and your family either together or separately
- we might speak to other people who know you well, for example a teacher.



Where we might meet you

- We know that sometimes meeting new people can be difficult. We want to make it as easy as possible for you.
- There are different places where we can meet - this could be at CAMHS, at your home or somewhere else in the community.



Things we might ask

- What a typical day is like for you.
- What you think is going well and the things you are finding difficult.
- What is important to you.
- We will then work together to help you set goals based on the things that are important to you.



What might happen next

- We might help you with strategies that can be used at home, school and other places
- We might recommend other services that you might find helpful.
- When we finish working together, we will write an Occupational Therapy report. It will summarise the work that we have done together, and include any recommendations that we have made.