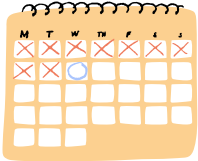

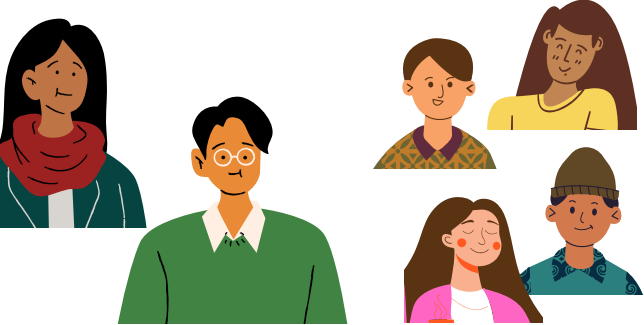


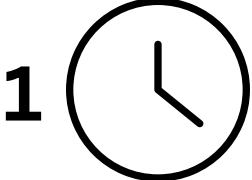
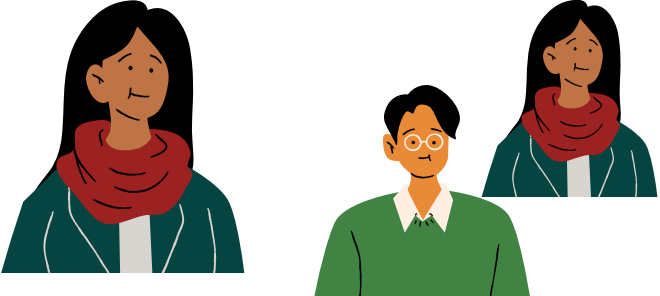





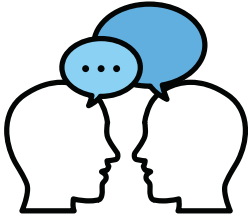


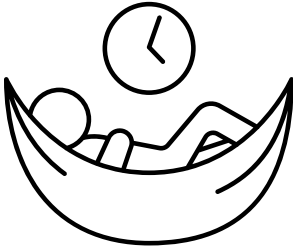



Going to your CAMHS Appointment

	<p>You have been invited to an appointment with CAMHS.</p>
	<p>CAMHS means Child and Adolescent Mental Health Service.</p>
	<p>There are many different people who work at CAMHS and they are called clinicians.</p> <p>They help lots of children and young people.</p>
	<p>For your appointment you will come to Eastfield Medical Practice.</p>
	<p>You will wait in the waiting room until someone comes to get you for your appointment.</p> <p>The person who brings you to the appointment can come into the room with you if you would like.</p>
	<p>Your appointment will last for about 1 hour.</p>
	<p>You might meet with 1 CAMHS clinician.</p> <p>You might meet with 2 CAMHS clinicians.</p>
	<p>At your appointment we will ask you lots of questions to get to know you.</p>
	<p>We will ask you about the things you like and your hobbies.</p>

	<p>We will ask you about your home and family.</p>
	<p>If you go to school we might ask you about the things you like at school and about your learning.</p>
	<p>We will ask about your mood and what makes you happy or sad.</p> <p>We will ask about things you are good at and things you find tricky.</p>
	<p>We know it can be really difficult to talk to people you don't know, so sometimes we might use a Talking Mat to help us.</p>
	<p>What we talk about is confidential. This means it is private.</p> <p>The only people we will talk to about the conversation we have, is the person who referred you and your GP. We will also speak to our team to make sure you get the best support.</p> <p>We would need to get your permission to speak to any other people, like school (unless school referred you).</p>
	<p>You can ask us questions about your care too.</p>
	<p>We want you to as feel relaxed as possible in the appointment.</p> <p>You can bring something to help feel calm, like a fidget or toy.</p>
	<p>At the end of your appointment, we will say goodbye and you will leave.</p>