

What is Mental Health?

Mental health is about how you feel inside, how you manage your feelings and how you cope with these thoughts and feelings.

Being nervous, afraid of something or feeling like you aren't being listened to can be 'normal', especially when you're growing up. However, if these thoughts are getting too much and you are having trouble coping with them, sometimes they get in the way of your daily life. They may affect your relationships with your parents, family and friends, attendance at school / college and sometimes stop you wanting to come out of your bedroom.

This is where CAMHS can try and help you.



Useful Websites

Kidscape: A website with information and advice on bullying.

www.kidscape.org.uk

YoungMinds: Information for young people about emotional and mental health issues.

www.youngminds.org.uk

Beat: A website providing information on eating disorders.

www.b-eat.co.uk

Stem4: A charity that promotes positive mental health in teenagers.

www.stem4.org.uk

CAMHS Resources: A website with a wide range of teenage resources.

www.camhs-resources.co.uk/websites

Childline: A trustworthy support service for children and young people.

www.childline.org.uk

This leaflet is available in large print and other formats and languages.

Please contact the Paediatric Matron

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Child and Adolescent Mental Health (CAMHS) Information for young people

**Children and Young People's Unit
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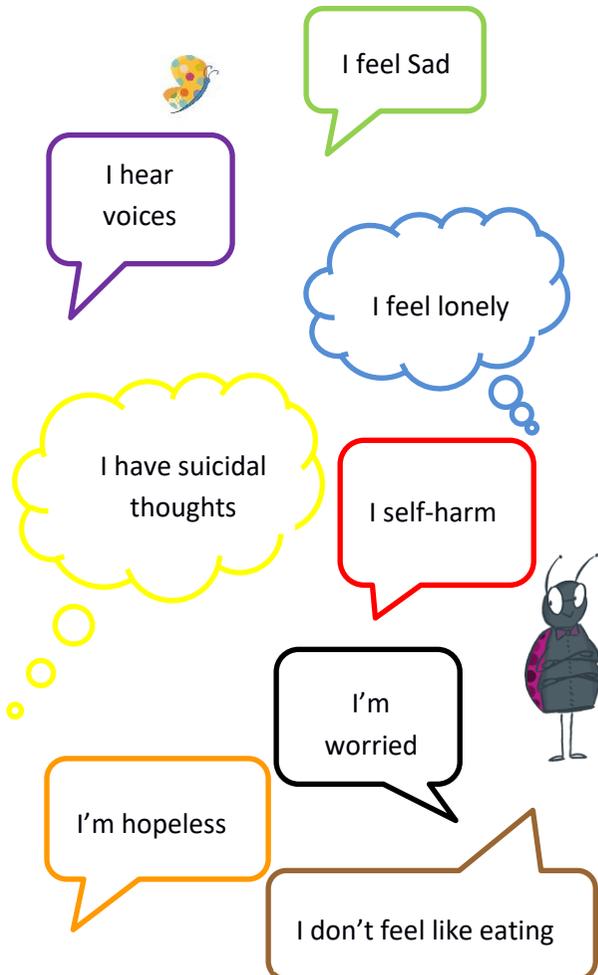
Tel: 01752 430401

www.plymouthhospitals.nhs.uk



What is CAMHS?

CAMHS stands for Child and Adolescent Mental Health Service. This service is for children and young people, like you, that may be finding it difficult to cope when they are feeling sad, worried or upset or they might be behaving in a way that other people find upsetting and worrying.



Why am I here?

You may be on the Children's Assessment Unit (CAU) or you may be admitted on to one of the wards; Wildgoose or Woodcock. This is so you can be seen by one of our children's team to make sure you are physically well before they refer you to see CAMHS. CAMHS will not see you until you are physically well enough to have a mental health assessment.



How will CAMHS help me?

Someone from the CAMHS team will talk to you and do a mental health assessment to see whether the CAMHS service is right for you. This is to make sure that CAMHS can offer you the support you may need. If CAMHS is not the right service for you, they may be able to guide you to a different service that will be more helpful.

This assessment with the CAMHS team is your time to talk, be listened to and share your thoughts and feelings. They don't expect you to go into too much detail, but if you don't tell them anything or say that everything is fine.... they might not be able to offer you the help and support that you might need.

Ward Expectations

These are a set of ground rules that are in place to keep you and everyone safe

- **Please treat staff, other patients and the environment with respect.**
- **Please remember that your bed is only for you. Don't sit on other peoples beds or let them sit on yours.**
- **Mobile phones and devices should be used appropriately.**
- **Please do not take pictures / videos of the staff or other patients.**
- **Please do not swear or use inappropriate language whilst on the ward.**
- **Under 16's must not leave the ward without being accompanied by an appropriate adult.**
- **Over 16's must check with their nurse before leaving the ward.**
- **Visitors must be over 16 unless accompanied by an appropriate adult.**
- **Smoking, vaping and E-cigarettes are not allowed under 16 years old and are not permitted anywhere inside/outside of the hospital site. Alternatives can be discussed on an individual basis.**

Please remember that all the staff are here to help you!