

- Group based interventions
- Further assessment
- Medical treatment
- Consultation and multi-agency work.

Some of these may be available from teams other than CAMHS.

How do we measure change?

We are a service that is committed to delivering the best outcomes possible for children and young people, using best practice, knowledge and experience. We will continually review the progress we make together through discussion, use of questionnaires and feedback.

How to refer to CAMHS

Referrals can be made by any healthcare, social care or education professional, voluntary or community agency.

All new referrals are read daily by an experienced mental health clinician to decide if CAMHS is the best service for you.


Useful websites

www.youngminds.org.uk
 www.childline.org.uk
 www.mindyourhead.org.uk
 www.talktofrank.com

Referrals should be addressed to:
CAMHS
SPOC (Single Point of Contact)
Alder House
Antrim Area Hospital
Bush Road, Antrim
BT41 2QB
Tel: 028 9442 4600

Child and Adolescent Mental Health Service (CAMHS)

If you would like to give feedback on any of our services please contact:
 Email: user.feedback@northerntrust.hscni.net
 Telephone: 028 9442 4655

 Northern Health and Social Care Trust

 @NHSCTrust

www.northerntrust.hscni.net

Our Values

COMPASSION

OPENNESS

RESPECT

EXCELLENCE



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What is CAMHS?

The Child and Adolescent Mental Health Service (CAMHS) is a multi-disciplinary team including doctors, nurses, an occupational therapist, social workers, clinical psychologists, family therapists, cognitive behavioural therapists and a psychotherapist. There are dedicated teams for primary mental health, crisis response, eating disorders and substance misuse problems alongside mental health concerns. All staff have training in mental health.

CAMHS have offices in
Antrim
Ballymoney
Magherafelt

What is Choice?

For your first meeting, we will offer you a selection of appointments to enable you to pick a time that fits best for you.

Your first appointment will be a Choice Appointment, which is an opportunity to give young people, families and/or their carers equal opportunity in the plans that are made to help you. We recognise that you are the expert in your own family and your own experiences.

This appointment is to get a better understanding of:

- What problems you are struggling with
- What things you are worried about
- What you have already tried
- What you would like to change (your goals).

It helps us to make an informed decision about what is needed to help you either within our service or in a different service.

What happens at further appointments?

If it is agreed that further input from CAMHS may be helpful, your Choice Worker will then direct you to the most appropriate person in our service to help achieve your goals. In most cases the next CAMHS person you will meet will be your 'Partnership' Worker. They will also be supported by the multi-disciplinary team.

Self help

We may suggest self-help ideas, resources and information to use between your Choice and First Partnership appointments.

What is Partnership?

At your first 'Partnership' appointment we will revisit your goals and see if these have changed. We will start the work together that was agreed at your Choice appointment to achieve your goals and enable change.

For most people, six or seven appointments are usually enough to achieve meaningful change. We will review work we are doing together, recognise when your goals have been met and when you no longer need CAMHS involvement.

The 'right person at the right time'

Sometimes, your Partnership Worker will want to introduce another therapist to you and/or your family.

This could be to provide a specific assessment, intervention or therapy.

Types of intervention

In general, the ongoing work that you and/or your family could be involved with may fall into the following areas:

- Individual therapeutic interventions
- Family interventions
- Information sessions for families