A guide for parents, relatives and carers

Community Child and Adolescent Mental Health Service
The Community Child and Adolescent Mental Health Service (CAMHS) is a team of professionals who offer support and advice to aid mental health promotion and positive well-being.

Our service works with children and young people aged 0-18 who may be showing signs of behavioural difficulties and/or emotional distress. We also work with parents and parents-to-be to offer support.

Difficulties we may be able to help with include:

- worries/anxieties
- low mood
- controlling anger
- bereavement/loss
- bullying
- eating
- self-harm
- relationship problems
- bonding
- pre-school concerns

Our service aims to deal with such difficulties in the early stages. We hope that children, young people and parents will develop skills and resilience to promote positive well-being thus minimising the risk of further distress.

We have excellent links with schools, GPs, health visitors, school nurses, midwives and other specialist services.

**What could our service do for you?**

**Support** – we offer advice and guidance about a child/young person and the difficulties they may be having.

We can also co-ordinate care if several other professionals are involved.
Assessment – of your child/young person’s needs and difficulties to gain a clearer understanding, which will allow us to make the right decision about what happens next. You will be involved in this process as much as possible.

Group work – for children and young people we can offer sessions to allow them to explore their thoughts and feelings with others who are having similar difficulties.

For parents we can offer support and practical advice.

Individual work – we can offer individual work on a short term basis, where the child/young person, together with a member of our team, can work through the difficulties they may be having.

When can you refer to us?

If your child, or someone you are looking after, is struggling with their behaviour or emotional well-being, you may wish to request a referral to our team.

How do you refer to us?

You should contact your GP, health visitor, school nurse, midwife, social worker or speak to your child’s school teacher.

All of the above people are able to make a referral on your behalf.

If we feel that your child/young person would benefit from a service which is provided by a different agency, we may suggest that a referral be placed to them. This may be other professionals who specialise in child and adolescent mental health.
Main Office
Valley Road Community Primary School,
Corporation Road, Hendon, Sunderland, SR2 8PL
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Other available leaflets
Information for young people
Counselling
A guide for parents
A guide for professionals
Early years mental health
Help for kids

COMMUNITY CAMHS
Child & Adolescent Mental Health Service

This leaflet can be made available in another format or language on request. Please contact the Communication and PR Team
Tel: 0191 529 7118. Email: mopil@sotw.nhs.uk

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