

## How CAMHS can work with your private therapist

### THE IMPORTANT BITS!

**Let CAMHS know you are seeing a private therapist**

**CAMHS can work with your private therapist (with your consent) to support your care**

**If your private therapist feels you are at risk, it's really important they let CAMHS know so we can offer additional support**

#### Not sure what this means?

*Private therapist:* Therapy you arrange and pay for yourself (not provided by the NHS)

*CAMHS:* Child and Adolescent Mental Health Services

*Information sharing:* information you give us will be kept confidential unless you give permission for it to be shared.

*Confidentiality:* things you tell us will be kept confidential unless something you tell us makes us worry about yours or someone

#### For more information:

Please talk to your CAMHS clinician or Single Point of Access: 01865 901951

### What to do if you are seeing a private therapist and CAMHS?

Sometimes you might be meeting with a private therapist as well as CAMHS.

We've put this handy guide together to let you know how we can work together to support you.

#### Let us know...

It is really important that you let CAMHS know the details of the private therapist you are seeing so we are able to keep good contact and communication about your care. CAMHS will go through with you options around information sharing and confidentiality so you can have a say in what information can be shared about your care.

### Why is it important for CAMHS to have communication with my private therapist?

1. It will avoid any repetition in your care. CAMHS can make sure that they are working on different things to your therapist rather than repeating similar sessions.

2. To understand your difficulties better

3. To stop you from being confused between the different advice given by CAMHS and your private therapist.

4. To prevent the different treatments stopping each other from working.

5. To involve your private therapist in any review meetings (with your permission).

If you or your private therapist say they do not want to share any

information with CAMHS about your care, we will have to discuss with you the risks around this and sometimes you may have to choose between NHS or private care. This is because if your private therapists knows you are at risk or in danger we need to be aware so we can offer you additional support to help keep you safe.

### Will it cost more for my private therapist to work with CAMHS?

If it is agreed we need to work with your private therapist, you might find they will charge for the extra time this takes. Ask your parent/carer to have this discussion with your private therapist to find out what extra costs might be involved.

## Joel's experience of working with CAMHS and a private therapist...

Joel has been seeing a private therapist since being bullied in year 10. His school has now made a referral to CAMHS because they are worried about his self harm and he has also stopped coming into school. CAMHS meet with Joel for the first time and Joel tells

them about the private therapist that he sees on a monthly basis to help with his low mood.

Joel wanted to continue with his private therapist and agreed that regular reports with updates from the private therapist would

be sent to CAMHS. Joel and his parents also consented to the private therapist attending regular reviews with his CAMHS team. It was agreed this would be reviewed regularly and that if risk changed, his private therapist would call CAMHS.