**Getting More Help (GMH)**

**in Child and Adolescent Mental Health Services**

**Service Information for Young People, Parents and Carers**

IMAGE HERE

Getting More Help in Child and Adolescent Mental Health Services (CAMHS)

**What is the Getting More Help service?**

In November 2018, The Oxfordshire Child and Adolescent Mental Health Service (CAMHS) changed to improve access to our service for young people experiencing mental health difficulties. The CAMHS team was organised into several pathways: including **Getting Help** **(GH)** and **Getting More Help (GMH)** teams.

This leaflet is designed to explain the GMH pathway and give you information about what will happen when you attend an appointment for yourself or your family member.

You may have been seen by our Getting Help team and they might have thought you needed extra support, or you could have been put in contact directly with the Getting More Help team.

The **GMH team** offers assessment and treatment options to children and young people under the age of 18 who are experiencing difficulties with their mental health that are having an impact on their daily functioning. These difficulties might include being very low in mood or feeling very anxious. Some young people might have worrying thoughts about wanting to harm themselves and/or others.

**What help could the team offer you/your child?**

The GMH team will offer you and your family an assessment of your needs. The clinician(s) you meet will offeran initial appointment that will last up to one and a half hours. During this time, they will talk to you about how you are feeling and gather information about how life currently is, as well as asking a bit about your background and family history. You will be able to talk with the clinician(s) on your own as well as together as a family, although it may be necessary to arrange a further appointment if both the young person and their parent(s)/carer(s) want to be seen separately.

At the end of your first appointment, the person seeing you will talk about what next steps might be helpful. This might be advising that you see a team in another pathway if they think they could help you in a better way or suggesting some help that you can access online (we have found a lot of young people like working online). Some young people find joining a therapy group helpful, (this would be with a group of young people with similar difficulties to you/your child).

Alternatively, they may suggest that you see a doctor or another clinician for face to face meetings, this could be to have some talking therapies which they would explain to you in more detail. They may also think with you and your parents/carers about whether taking medication might help.

After agreeing an initial plan of care, we will give you a written copy of this, which will be then be reviewed regularly during your treatment. A letter will follow which we will send to you, the person who requested the help and your GP.

**Who is in the GMH Team?**

The team includes the following clinicians;

* Doctors (Psychiatrists)
* Psychologists
* Nurses
* Occupational Therapists
* Social Workers
* Senior Mental Health Practitioners
* Family Therapists
* Psychotherapists
* Trainees from various backgrounds

Oxfordshire CAMHS Getting More Help has three main clinic bases in Abingdon, Banbury and Oxford (Cowley). Your initial assessment will take place at your local team base. Follow up appointments may be arranged in satellite clinics and other community venues. Please note that these bases are set by the location of your GP surgery and cannot be changed.

South Oxon GMH Team

The Clockhouse

22-26 Ock Street

Abingdon

OX145SW

Tel. no. 01865 904700

[oxonCAMHSGMHsouth@oxfordhealth.nhs.uk](mailto:oxonCAMHSGMHsouth@oxfordhealth.nhs.uk) Getting More Help

[oxonCAMHSGHsouth@oxfordhealth.nhs.uk](mailto:oxonCAMHSGHsouth@oxfordhealth.nhs.uk) Getting Help

Central Oxon GMH Team

Raglan House

23 Between Towns Road

Cowley

Oxford

OX43LX

Tel. no. 01865 902270

[oxonCAMHSGMHcentral@oxfordhealth.nhs.uk](mailto:oxonCAMHSGMHcentral@oxfordhealth.nhs.uk) Getting Help and Getting More Help

North Oxon GMH Team

Orchard Health Centre

Cope Road

Banbury

OX16 2EZ

Tel. no. 01865 904105

[oxonCAMHSGMHnorth@oxfordhealth.nhs.uk](mailto:oxonCAMHSGMHnorth@oxfordhealth.nhs.uk)

[oxonCAMHSGHnorth@oxfordhealth.nhs.uk](mailto:oxonCAMHSGHnorth@oxfordhealth.nhs.uk)

If you are struggling more or your family is more worried about you whilst you are waiting for an appointment, please contact your local team as above during office hours (Monday to Friday 9am-5pm).

Website address:

<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

**Confidentiality**

Staff must keep your details of care confidential but also have a duty to share information related to your care with the local GMH team looking after you and your GP practice. It is often helpful to share information with other people involved such as your school or social worker and we will always seek your consent before sharing information with agencies outside the NHS, unless there is a concern of risk of harm to yourself and/or others.

**Concerns and Complaints**

We aim to provide you with a high-quality of service at all times. However, if you have any concern, complaints or comments about your experience with our service, then please tell a member of our team or contact the Patient Advice and Liaison Service on freephone: 0800 328 7971.

Please add translation information here