

CAMHS stands for Child and Adolescent Mental Health Service, and this letter has been put together by a group of young people working to improve mental health services in Buckinghamshire.

Since we’ve all been through the services at CAMHS, we know how nerve-racking it can be before your first appointment. This letter aims to give you some information about what to expect.

CAMHS support a variety of children and young people from 0 to 18 years old with different needs.   
This ranges from moderate anxiety, to depression and eating disorders. CAMHS consists of different teams which include: Community CAMHS, CAMHS Outreach Service (OSCA), Neuropsychiatry Service, Learning Disability, and CAMHS services for high risk young people.

Each team work in a slightly different way, but all want to work with you to support you through your CAMHS journey. This could include meetings with parents, home visits, group sessions or individual meetings with you and your CAMHS worker.

Your first appointment at CAMHS will be your assessment where you will meet with a CAMHS worker and your parent or guardian. This is to help with getting to know you and deciding the pathway of support CAMHS can offer you. An assessment doesn’t necessarily mean you will need to have follow up appointments, but there are other local support services which CAMHS will be able to recommend for you. You might be paired with a Barnardo’s Buddy who will offer you personal support during your time at CAMHS.

There may be a waiting time between your referral and your assessment. If in this time things get tough and you feel in need of support, contact CAMHS to update them on your current situation to see what they can do to help.

In the meantime, if you want to find out more information about CAMHS and what they can do to help visit the [Buckinghamshire CAMHS webpages for children & young people](http://www.oxfordhealth.nhs.uk/children-and-young-people/young-people/buckinghamshire/our-services/community_camhs/). You can find a variety of resources, useful apps and how to get involved with local support services.

We hope this letter has helped you to understand more about what Buckinghamshire CAMHS can do for you. If you have any other questions you can call CAMHS on 01865 901951.

Many thanks, CAMHS & Article 12