

PCAMHS aims to work with children and young people at the earliest opportunity to help promote emotional wellbeing.

Contact details:

PCAMHS c/o Orchard Health Centre,
Cope Road, North Banbury
Oxon, OX16 2EZ
Tel: 01865 904 903

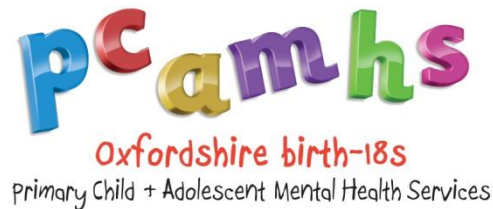
PCAMHS c/o The Clockhouse, 22-26 Ock
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Oxon, OX14 5SW
Tel: 01865 904 899

PCAMHS Boundary Brook House,
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Oxford City, OX3 7LQ
Tel: 01865 902 637

PCAMHS Unit 5 Des Roches Square,
Witney
West Oxon, OX28 4BE
Tel: 01865 904 450

Helping us make our service better

If you have any advice or tips to help us make our service better please telephone 0845 219 1486.



Contact us

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital
Warneford Lane
Headington
Oxford, OX3 7JX

Switchboard: 01865 901 000
Email: enquiries@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk



PCAMHS

A guide for
children, young
people and
families

What to expect from PCAMHS:

- Your first meeting will last an hour.
- Meetings are arranged in community settings or at home between 9.00am and 5.00pm and may require your child / young person to be absent from school to attend.
- Written notes may be taken during each session.
- During the meeting, a plan is made together about ways we can help you.
- If appropriate we offer further sessions (max 6) or suggest other options.

What to expect after the first meeting:

- We help with ways to manage the things that are making life difficult.
- It is important that the intervention is relevant and helpful so we will spend time at the beginning of each session, thinking together what we would like to do, as it is likely that we will all have ideas or thoughts that have occurred between sessions.
- We aim to build on strengths and skills that are working already.

What happens next:

At the end of our sessions we will make a plan together for you to keep and to help you carry on using the strengths or skills that we have worked on.

As standard practice, we inform the referrer and GP of our involvement with your child and family.

Cancellations:

Cancellation within 24 hours of an appointment will be counted as a missed session.



Oxfordshire birth-18s

Primary Child + Adolescent Mental Health Services