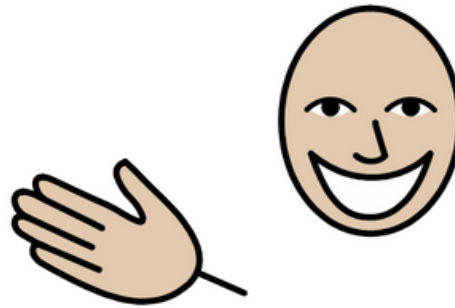


# Welcome to CAMHS!



# Hi there!



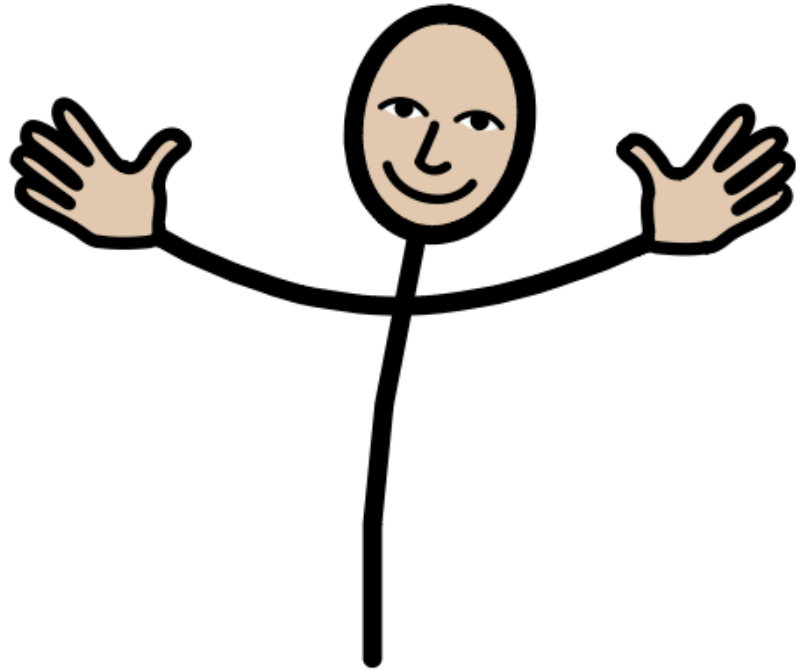
If you click any green underlined text it will give you more information.

You can also use Reachdeck to help you [Click here](#) for more information.

## This booklet has information about

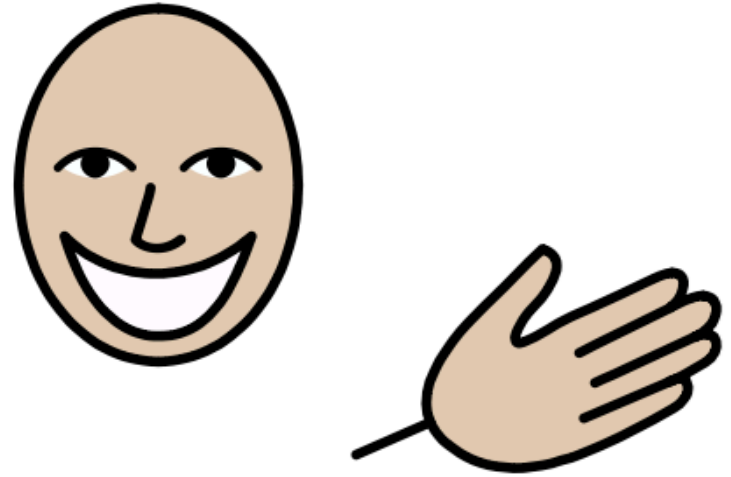
- 2 [CAMHS](#)
- 3 [Who CAMHS see and the teams at CAMHS](#)
- 4 [Your first appointment](#)
- 5 [Where you might be seen](#)
- 6 [After your first appointment and things that help](#)
- 7 [Where will I be seen / If you feel worse](#)
- 8 [Help for you and your family](#)
- 9 How can I get involved?

Welcome to CAMHS



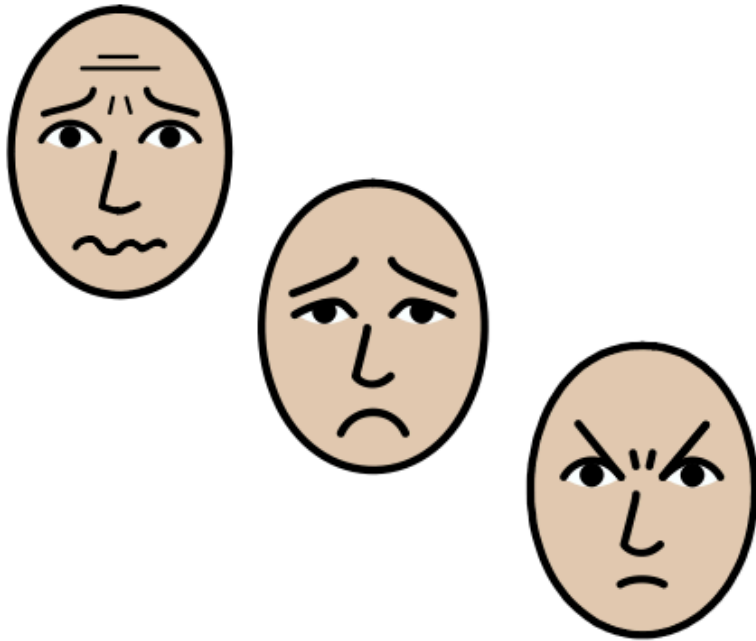
Welcome to CAMHS.

(Child and Adolescent Mental Health Service)



CAMHS have been asked to meet you and see if we can help.

## Who CAMHS see



We see young people who may be feeling worried, sad or angry. We will meet with you and talk about this and how we could help.

There may be other worries that you have and you can talk to CAMHS about this.

## The teams at CAMHS

CAMHS is made up of lots of teams.

The biggest team that sees the most people is called the Community Outpatients Team.

We have 7 smaller specialist teams:

[The Primary Mental Health Team \(PMHT\)](#)

[The Eating Disorders Team \(EDT\)](#)

[The Young People's Team \(YPT\)](#)

[Paediatric Psychology Team \(PPT\)](#)

[The Learning Disabilities \(LD\) Team](#)

[Crisis and Home Treatment Team](#)

[The Intensive Community Support Team \(ICST\)](#)

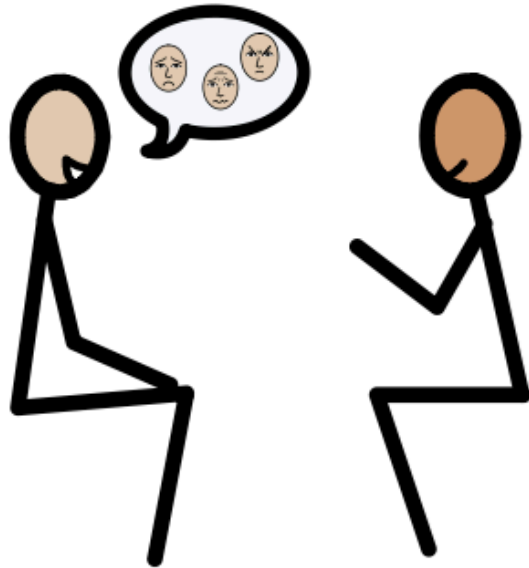


There are 8 teams in CAMHS. You will be seen by the team that we feel is right for you.

We will send you a letter to come and meet with us.

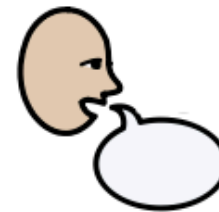
There may be a little bit of a wait but we will see you as soon as we can.

## Your first appointment



Someone from CAMHS will meet with you to talk about how you are feeling or what you are finding hard.

We will ask you questions to learn more about you. A grown-up can be with you to help.



What I want to say

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It can help to think about what you want to say to us before you come to CAMHS.

You can write what you would like to talk about on this page.

## Where you might be seen



[Rothesay, 352A  
London Road,  
Leicester LE2 2PL](#)



[Westcotes House,  
Westcotes Drive,  
Leicester LE3 0QU](#)



[Westcotes Lodge  
Westcotes Drive,  
Leicester LE3  
0QU](#)



[Mawson House,  
62-68 Valence  
Road, Leicester  
LE3 1AR](#)



[The Valentine  
Centre, Gorse Hill  
Hospital Site,  
Anstey Lane,  
Leicester LE7 7GX](#)



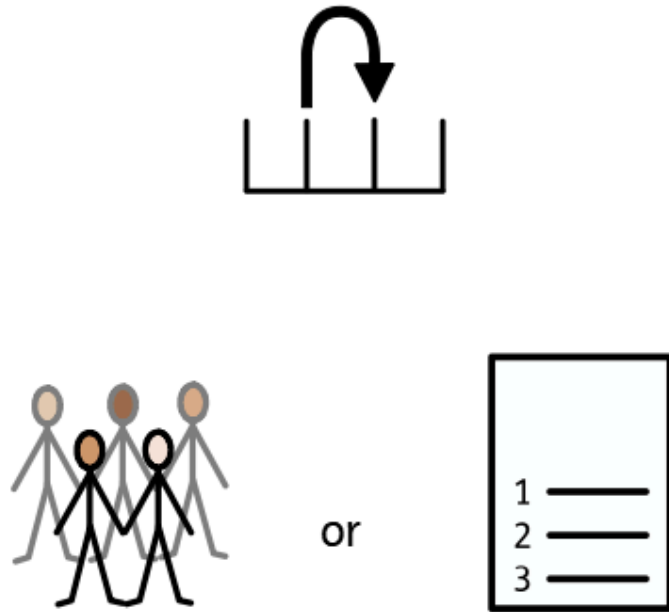
[Loughborough Hospital,  
Child and Family Unit,  
Hospital Way,  
Loughborough LE11 5JY](#)



[Artemis House,  
Westcotes House Site,  
Westcotes Drive,  
Leicester LE3 0QU](#)

By clicking on the [green text](#), it will link you to more information.

## After your first appointment



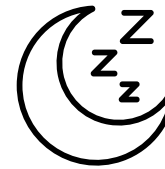
After we have met with you we will talk about what happens next.

It might be that you do not need to see CAMHS and there may be other people who can help or we will make a plan and see you again.

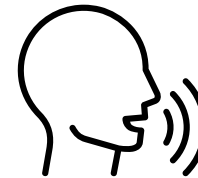
## Things that help



[Eat healthy food](#)



[Have a good night's sleep](#)



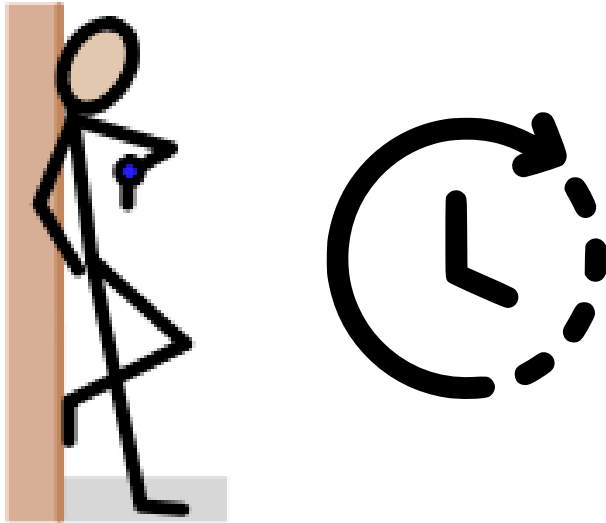
[Talk to family and friends](#)



[Exercise](#)

By clicking on the [green text](#), it will link you to more information

## When you will be seen



There might be a wait before we can see you but we will see you as soon as possible.

## If you feel worse



If you feel worse you should speak to an adult you trust.

You can speak to us at CAMHS if you need help sooner. There will be a phone number on your letter you can ring for help.



## Help for you and your family while you wait

Click the green text or scan the QR code for more information.

### Help for you



[Health for Teens](#) is a website that gives health advice.



You can text [Young minds](#) by texting YM to 85258 to get help with your mental health



You can call [NHS 111](#) and press option 2 or visit <https://111.nhs.uk/>.



[Tellmi](#) can help you with your mental health. They have a website and an app.

### Help for your family

Our full [‘Welcome to CAMHS’](#) booklet has its own parents/carers section.



[PAPYRUS](#) has a guide for parents and carers.



[Every Mind Matters](#) has help on looking after a young person's mental health.



[The Solihull Approach courses](#) – provided by Leicestershire Partnership NHS Trust.



For more help, [click here](#) or scan the QR code

## How you can get involved



**Do you want to make a difference to health services in your area?**

**Why not join the Youth Advisory Board (YAB)?**

**You need to be 13 to 21 years old to join us.**



**We meet weekly virtually on MS Teams on Tuesday evenings 5-6pm. We talk to services about their work and give them our opinions to help them.**

**If you would like to join you can email us on:  
[lpt.youthadvisoryboard@nhs.net](mailto:lpt.youthadvisoryboard@nhs.net)**



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*Created by Aneeka, an incredibly talented member of the Youth Advisory Board (YAB)  
September 2023*

