

Where else can you get support from continued:



Hampshire CAMHS website

Has lots of self help advice on different mental health presentations.
For more information: <https://hampshirecamhs.nhs.uk/>



BILD -British Institute of learning disability

<http://www.bild.org.uk/capbs/pbsinformation/introduction-to-pbs/>

CONTACT DETAILS

Aldershot CAMHS

Tel: 01252 335600

Email: SPNT.Aldershot-CAMHS@nhs.net

Basingstoke CAMHS

Tel: 0300 304 0800

Email: receptioncamhs@nhs.net

Eastleigh CAMHS

Tel: 0300 304 0625

Email: SPNT.EastleighCAMHSTeam@nhs.net

Fareham CAMHS

Tel: 0300 3040447

Email: SPNT.CAMHS-OC@nhs.net

Havant and Petersfield CAMHS

Tel: 0300 304 0099

Email: SPNT.HavantCAMHS@nhs.net

New Forest CAMHS

Tel: 023 8074 3000

Email: SPNT.NewForestCAMHS@nhs.net

Winchester and Test Valley CAMHS

Tel: 0300 304 0070

Email: spnt.wtvspecialistcamhs@nhs.net



Hampshire Child and Adolescent Mental Health Services

Hampshire CAMHS Specialist Learning Disability services



An information Leaflet for Parents/Carers

Service provided by Sussex Partnership NHS Foundation Trust

Who we are:

All children and young people, including those with additional needs, are able to access CAMHS if they meet the criteria.

Sometimes young people with a Learning Disability (LD) need specialist support to ensure that their mental health needs are met appropriately.

Each CAMHS team within Hampshire has a member of staff from the learning disability team, who has specialist skills in learning disability.

What we do:

We work together with you and your child's circle of support to provide high quality assessment and intervention, focusing on your child's mental health needs.

What will happen next:

An **initial assessment** will help us to identify your child's individual needs and what CAMHS may be able to offer.

We will also consider any safety and risk issues. If CAMHS is the right service then we will develop together an initial care plan to guide our work.

Assessment and interventions can be offered at home or in schools as well as our clinics, wherever the young person is most at ease.

With your consent we will link up with other services including school, social care and short break services, we aim to be flexible, creative and respectful in the way we work with all those involved.

Unfortunately there sometimes can be a wait before allocation to a learning disability practitioner can occur.

Interventions offered:

If Specialist Learning Disability support is needed then we can offer:

- Positive behavior support (PBS) group for parents/carers— supporting you to understand your child's mental health and challenging behaviour needs and to learn more ways you can help.
- Drop in groups with a specialist LD practitioner to review PBS plan's and receive advice and guidance on difficulties that might arise.
- Specialist assessment to develop a full understanding of your child's mental health needs in more detail.
- Individual treatment for mental health and associated behavioral presentation using interventions such as adapted Cognitive, Behaviour Therapy (CBT) approaches ,working with families and systems and anxiety management. We follow a PBS approach.
- Access to other professionals within the CAMHS team to joint work where needed such as psychology, psychiatrist and specialist therapists.

Where else can you get support from:

Sometimes CAMHS is not the best service to help. Other services include:



Challenging Behaviour Foundation: Providing information and support around managing challenging behaviour. website at: <https://www.challengingbehaviour.org.uk/>



Hampshire Sendiass impartial Special Educational Needs and Disability Information, Advice and Support in Hampshire for more information please look at their website on: <https://www.hampshiresendiass.co.uk/>