

CAN I TALK TO SOMEBODY IN CAMHS IF I NEED TOO?

CAMHS has a duty worker available Monday to Friday from 9am to 5pm who will take telephone calls and provide advice and support to children, their families and carers. Out of hours (5pm-9pm, weekends and bank holidays) please contact your local GP service, or if you have a serious and immediate concern about your child's mental or physical health then you should attend your local A&E.

WHERE CAN I FIND ADDITIONAL INFORMATION OR RESOURCES?

The Hampshire CAMHS website www.hampshirecamhs.nhs.uk has contact details for our teams and a wide variety of resources and information on support and services.

WHAT DO I DO IF I HAVE CONCERNS ABOUT CAMHS?

We welcome feedback about our service. If you have concerns about your local CAMHS team please contact the team manager in the first instance. If you are not able to talk to your local CAMHS then contact the Patient Advice and Liaison Service (PALS) who will be able to offer you advice and support. Their contact details are on the back of this leaflet.

Email: pals@sussexpartnership.nhs.uk
Phone: 0300 304 2198
If the office is not open a confidential message can be left on the answer phone.

Post: PALS
Sussex Partnership NHS Foundation Trust
Swandean
Arundel Road
Worthing
West Sussex
BN13 3EP

About your CAMHS appointment



WHY HAVE I RECEIVED THIS LEAFLET?

When a child misses an appointment, health professionals must always consider the impact on the child's health and well being. This leaflet has been sent to you as your child, or the child you are caring for, was not brought to their recent child and adolescent mental health services (CAMHS) appointment.

WHY DOES ATTENDANCE AT APPOINTMENTS MATTER?

Any appointments that are not attended can lead to a delay in the assessment, treatment and support of the child's needs.

IT IS DIFFICULT TO GET TO THE APPOINTMENTS

If there are difficulties getting to appointments please contact your local CAMHS as soon as possible (contact details will be on the clinic letter) to discuss this with them. If difficulties cannot be resolved, in some circumstances we can see children elsewhere such as at school or at home.

MY CHILD IS REFUSING TO COME TO CAMHS, WHAT SHOULD I DO?

Contact CAMHS to see if alternative arrangements can be made, or if we can support you and your child in attending their appointments.

CAN I CHANGE THE DAY AND TIME OF MY APPOINTMENT?

If you would like to change your appointment contact CAMHS as soon as possible.

I FEEL THAT SUPPORT FROM CAMHS IS NO LONGER NEEDED

If you feel a service is no longer required, please contact CAMHS as soon as possible so we can discuss this with you.

WHAT HAPPENS IF MY CHILD DOES NOT ATTEND FURTHER CAMHS APPOINTMENTS AND I HAVE NOT CONTACTED THE LOCAL CAMHS TEAM?

Health appointments are important and there is a significant demand for specialist CAMHS support, with many children and young people waiting to be seen.

When children are regularly not brought to appointments this can sometimes indicate wider family concerns. In some cases, this can indicate that parents/carers are not able to meet their child's health needs.

If children are not brought to two or more consecutive appointments the child's health records and the reason for the CAMHS referral will be reviewed.

1. If there are concerns that there are wider issues in the family then CAMHS may talk to other professionals such as GPs, health visitors, school nurses or children's services in the best interests of your child. This is to ensure that your child's mental, and in some cases physical, health will not be affected.
2. If the child/young person is on medication the prescriber may not be able to give you a repeat prescription as it is not safe to do so without a specialist review.

