

Visiting Bury CAMHS for the first time





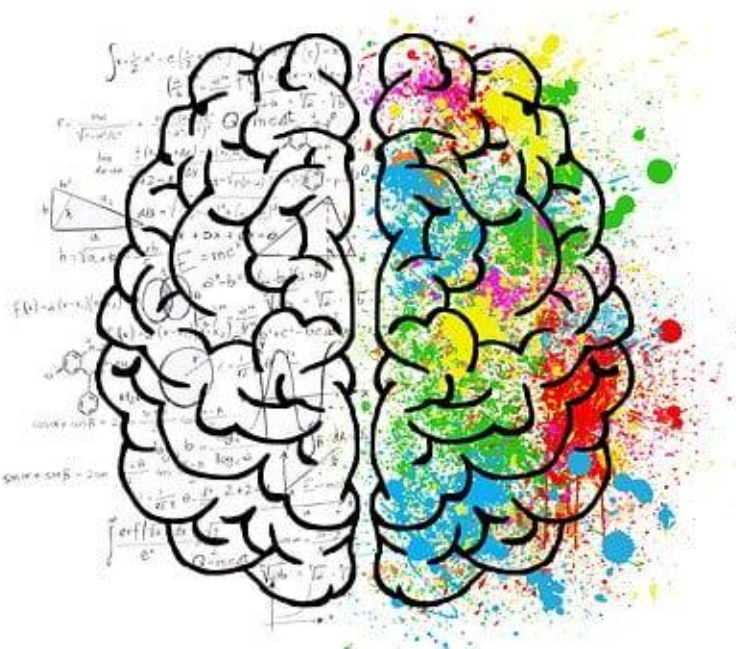
CAMHS stands for Child and Adolescent Mental Health Services.

CAMHS tries to help people with their emotions and to feel better.



People who come to CAMHS have all sort of difficulties:

- they might be feeling very worried all the time
- they might feel very low in mood, or
- they might be struggling to get on with others and understand the world



I have been referred to CAMHS because I am having some difficulties right now.

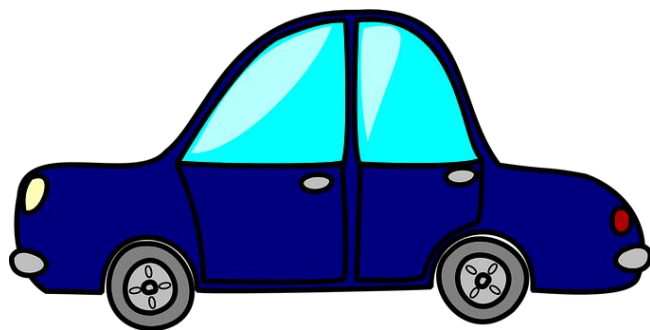


I might feel a bit anxious about coming to CAMHS for the first time.

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It is very normal to feel anxious about coming somewhere new for the first time.

Hopefully this story will make me feel better.



If we drive to CAMHS there are car parks nearby or on street parking (which we might need to have change for).



We may also get the tram to visit CAMHS.



Or we might get the bus.



We will go to Fairfield Hospital.



The outside of Bury CAMHS looks like this.



I will go through this door, up the stairs and press the bell, so the receptionist will open the door for me.

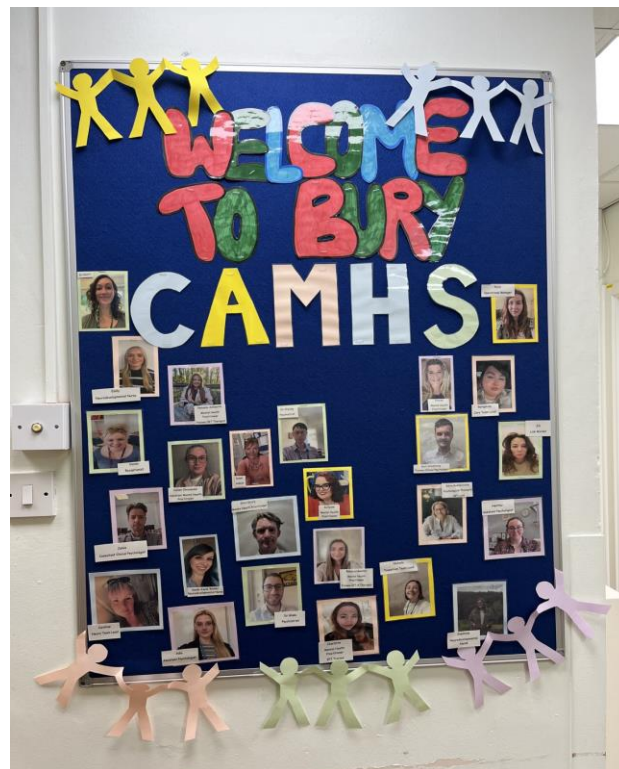


I can also use this door to access the lift if I need it.



I will come up to the desk and tell the receptionist my name.

They will ask me to wait in the waiting room until the CAMHS worker comes to get me.



If I'm not sure who I am seeing, I can ask the receptionist and they can tell me.

A picture of the CAMHS worker might be next to the desk.



Then the CAMHS worker will come and say my name.

They will be wearing a blue lanyard.

We will walk down to one of the therapy rooms.



Purple Room



Blue Room



Green Room

We have lots of therapy rooms.

Your therapy room might look like one of these.



Clinic Room



Yellow Room



Red Room

Or it might look like one of these.



I can bring something with me to the appointment to make me feel better or calmer, if I want to.

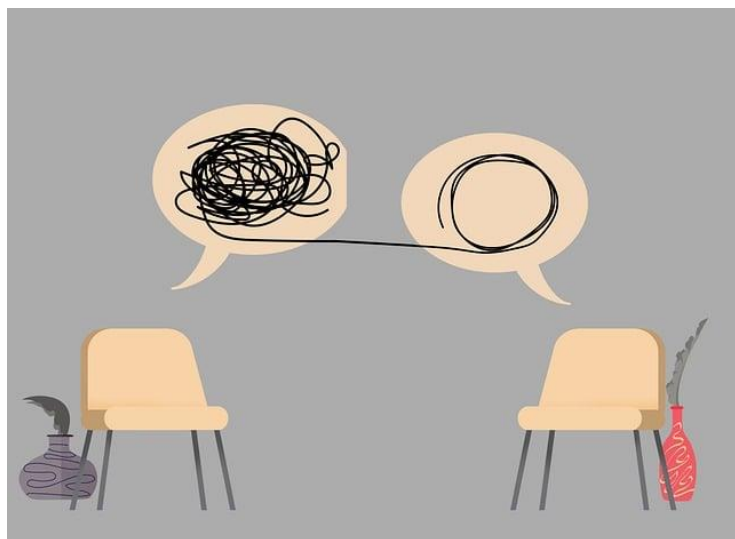


The CAMHS worker will ask whether I want my parents/
guardians to stay in the room with me.

I can do some of the appointment with my parents/
guardian in the room and some without.



We might spend some time filling out some forms.



During the appointment we will talk about how I am feeling.

I might feel a bit nervous about this.

My parents/ guardians can help me talk about how I have been feeling.



I might have my height and weight taken if this is relevant for my care.

This doesn't happen for every young person.



At the end of the appointment the CAMHS worker will thank me for coming.

And we will make a plan about what will happen next.



I can then feel really proud of myself for managing to come to a CAMHS appointment for the first time!

The End