

When we are closed you can leave a message on the answerphone at Adcote House or in the locality office or, if you have major concerns, you can contact your GP service.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજા ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to:

Cheshire & Wirral Partnership NHS Foundation Trust,
PALS, Complaints and Claims Team, 1829 Building,
Liverpool Road, Chester, CH2 1HJ.

For more information see www.cwps.nhs.uk

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Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

Wirral Child and Adolescent Mental Health Service

Information leaflet for parents & carers

Central Administration Base
Adcote House
Kent Street
Oxton, Birkenhead
CH43 6TX
Tel: 0151 488 8111
Fax: 0151 652 9859

Care • Well-being • Partnership

What is Wirral CAMHS?

CAMHS is a Child and Adolescent Mental Health Service that can help children and young people in Wirral when their behaviour, thoughts or feelings overwhelm them, affecting everyday life.

How do I access CAMHS?

Ask your GP or other health professionals e.g. school nurse to make a referral

What are our aims?

- To work together in partnership with families to seek solutions to particular issues and to try to put them in place.
- To promote and improve emotional well-being and behaviour as part of good mental health.
- To provide links with other agencies; and to work in partnership with families to access the support they need.
- To improve the quality of family life

We hope that by working together in partnership we can help you find a way to cope with the challenges and feel more in control of your life.

When will we be seen?

You will receive a letter asking:

- If you would like an appointment and
- What days and time suit you

Once you have telephoned to accept, an appointment will be sent to you.

Who will we see?

We have multi-disciplinary teams which may include therapists, mental health nurses, psychotherapists, social workers, psychologists and psychiatrists.

What happens at your first appointment?

A Choice appointment is the first appointment you have with CAMHS. It is called a Choice appointment because the aim of the meeting is to help you make an informed choice about what may be helpful for your family.

This meeting is open to you and your family. You choose who attends.

What we talk about at this meeting will depend on the concerns and worries about your child. Sometimes it is helpful to think about:

- the history or background to these concerns and worries
- what has been helpful and what has made things worse

For some families, this Choice appointment may be sufficient to identify changes that they can make.

When we agree that our service might offer more support, we will identify the right person in the team with the skills to help and they will arrange further meetings with

What happens at future appointments?

Sometimes we meet with everyone in the family. Sometimes we meet just with you, the parents or carers. Sometimes we just meet with your child. This will be decided by you and your family, depending on your needs and preferences.

Sometimes we might involve a psychiatrist in making a diagnosis. Examples of diagnoses include: depression, anxiety, eating disorder, obsessive compulsive disorder, attention deficit (hyperactivity) disorder, or autism spectrum disorder.

There are also a lot of children whose individual needs do not require a diagnosis. We offer a range of interventions based upon your child's needs. The decision to engage with these interventions lies with you and your child.

Frequently asked questions

Q: Does coming to a mental health service mean my child is mentally ill?

A: No. There are many reasons for children's difficulties and behaviours. We will explore these with you.

Q: Will you be able to fix my child?

A: It is important to remember that we can't make things better overnight. We don't have magic answers. Coming to CAMHS can involve work for you and your child as well as work for us.

Q: Am I a bad parent?

A: Sometimes parents worry we might judge the way they parent their child. This is never our intention. We are here to support you in understanding and managing the difficulties you are experiencing.

Q: Will my child have to take medication?

A: Sometimes a psychiatrist may feel that medication is helpful for a period of time.