

Child and adolescent mental health service

Have you been referred to CAMHS?

Why do you need to see us?

Mental health difficulties can show up in a variety of ways. It is quite common for children and young people to feel stressed, anxious, down or angry from time to time. Sometimes these feelings can be overwhelming and just won't go away, which is why your doctor or school has referred you to us.

You may have been referred to us because you are experiencing difficulties with one or more things such as:

- Depression
- Obsessive compulsive disorder
- Autism spectrum disorder
- Anxiety (overwhelming worries and concerns)
- Psychosis (sensing things that are not real)
- Being at risk of self-harming
- Family problems
- Eating disorders
- Bipolar disorders
- Issues relating to gender identity and sexuality
- Personality problems (how you feel about and get on with other people)
- Attention deficit hyperactivity disorder

What happens?

After we have received your referral it will be discussed by our team and we may offer you an assessment appointment or we may talk to you about another more suitable service.

While waiting to hear from us, you may find these websites helpful and supportive:

- Royal College of Psychiatry: www.rcpsych.ac.uk
- Young Minds: www.youngminds.org.uk
- Reach OUT support for LGBT young people: www.reachout@reading.gov.uk
- Eating disorders: www.b-eat.co.uk
- Self-harm: www.papyrus-uk.org
- Anxiety support: www.nopanic.org.uk
- ADDIS ADHA support: www.addiss.co.uk
- Youth Access: www.youthaccess.org.uk

How to contact us

If you have any questions about your referral or concerns that your difficulties are getting worse, you can call us:

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| • Bracknell and Wokingham | 0118 904 6770 |
| • Slough ,Windsor, Ascot and Maidenhead | 0300 365 0123 |
| • Reading | 0118 904 6780 |
| • West Berkshire (Thatcham) | 0118 904 6790 |

We do not offer an emergency service. If you feel you need immediate and urgent help, please:

- Contact your GP
- Dial 111 to contact your GP out of hours service Westcall NHS
- Or go to A&E

For general concerns about your referral you can contact our CYPF Hub :

Phone: **0300 365 1234**

Email: integratedhub@berkshire.nhs.uk

www.berkshirehealthcare.nhs.uk/CAMHS

