

I found it quite useful because I felt like an adult and my dad wasn't there. So I could talk about all the things I wanted

## Your GP

After you leave CAMHS, your GP continues to be the person who will help with your health and referrals for specialist support.

## Feedback and complaints

We need your views and opinions. Please tell us how we are doing.

If you are unhappy with the service you receive, please talk to us if you feel able to. If you're still not happy, please contact the Patient Advice and Liaison Service ( PALS) on 01249 468261 or 0800 0731778  
awp.pals@nhs.net

You can refer yourself for support



**The Mix** (under 25s support)  
0808 808 4994



[www.themix.org.uk](http://www.themix.org.uk)



**Off the record** Bristol/S. Glos  
0808 808 9120



[www.otr.bristol.org.uk](http://www.otr.bristol.org.uk)



**Young Minds** parents helpline  
0808 802 5554



[www.young.minds.org.uk](http://www.young.minds.org.uk)



**Rethink**  
0300 5000 927



[www.rethink.org](http://www.rethink.org)



**b-eat** (eating disorders)  
0345 634 7650



[www.b-eat.co.uk](http://www.b-eat.co.uk)



**Samaritans**  
0845 790 9090



[www.samaritansco.uk](http://www.samaritansco.uk)



**Mind**  
0845 766 0163



[www.mind.org.uk](http://www.mind.org.uk)



**RIFE** online magazine  
0808 802 554



[www.rifemagazine.co.uk](http://www.rifemagazine.co.uk)



**Bristol Wellbeing Therapies**  
0117 982 3209



[www.lift.awp.nhs.uk](http://www.lift.awp.nhs.uk)



**South Glos Talking Therapies**  
0117 378 4270



[www.lift.awp.nhs.uk](http://www.lift.awp.nhs.uk)



**Bristol Mental Health**  
Crisis line 0300 555 0334

This leaflet has been produced with input from children who this has happened to.

AWP- CAMHS -001 July 2016 Review due December 2019



Community Children's  
Health Partnership

Avon and Wiltshire  
Mental Health Partnership NHS Trust



# Transition



Moving on from  
Child & Adolescent Mental Health  
Services (CAMHS) to  
Adult Mental Health Services

Believe in  
children  
 Barnardo's

Exceptional healthcare, personally delivered

## What does transition mean?

If you have been receiving support from CAMHS and you feel you need ongoing support from Adult Mental Health services, your CAMHS worker will look at transferring your care to them. This process is called 'transition'.



## Why does transition happen?

You are likely to be reading this leaflet because you are approaching your 18th birthday and you will already know that CAMHS can only provide a service up until you reach 18. In some cases young people will need a service beyond this point. We would like to support you as much as possible during this time. We will begin to do this at least six months before you move on to make sure you have the information you need.

## Who will be involved in my transition?

Your CAMHS worker will talk to you and your family about your options. If you wish, CAMHS can then speak to adult services and a worker from the adult service may then become involved in the process.



## How will it be arranged and how does it work?

If everyone agrees that AMHS is the best choice for you, your CAMHS worker will set up a meeting with adult services. Your CAMHS worker can attend this meeting with you if you wish and they will make contact with your GP. Please let your CAMHS worker know if you have any worries or concerns about leaving CAMHS, so they can discuss them with you and help you feel more supported.



## What if I don't want to move on after CAMHS?

They will need to balance your wishes with how well you are at this time. Sometimes young people are not well enough to leave specialist services at this time and if they did, their decision may not be safe for them. This does not mean you have to stay in services for ever – just because you need it at the time.

## What if adult services say I don't need their service?

If you and your CAMHS worker disagree with their decision, it can be discussed again with the adult service. If AMHS is not an option, your CAMHS worker can support you to find the right help.

## What if I'm a care leaver?

If your local authority has looked after you in the past, you may have the right to get extra help from them – from 16-21 (and longer if you're in education). Your CAMHS team should work closely with your 'leaving care team' when assessing your need.

## What if I'm an asylum seeker or refugee?

You are entitled to free NHS care, including mental health services, unless your asylum claim has failed. If your claim has failed, your doctor may still be able to give you free primary care, but there may be a charge for specialist care unless its an emergency or compulsory.

## Consent and confidentiality

We provide a confidential service to everyone. This means that you can tell others about this but we won't tell anyone else unless we have your agreement. The only reason we would ever consider passing on your confidential information without your permission is to protect you or someone else from serious harm. We would always try and discuss this with you first.

