



Comments and Complaints

We hope you find our service useful, but if you have any comments or concerns please let us know, so we can provide the best possible service in future.

How to contact us:



38 Southwell Street
Kingsdown
Bristol BS2 8EJ



Tel: 0117 3425055



Fax: 0117 3425045



www.cchp.nhs.uk

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

Hospital CAMHS

Child and
Adolescent
Mental Health
Assessment Team

Believe in
children
 Barnardo's

Exceptional healthcare, personally delivered

Who We Are

The Young People's Mental Health Assessment Team are:

- n Ellie, Emma, Jo and Kate (clinical nurse specialists/ mental health specialists)
- n Bernie (team manager)
- n Claire, Laura and Maralyn (admin/secretaries)

We work with young people up to the age of 18 in Bristol.

We are a specialist service within CAMHS (Child and Adolescent Mental Health Service). We have access to on-call psychiatrists (mental health doctors), and have links with the Young People's Substance Misuse Treatment Service and community CAMHS teams.



What We Do

We work with young people who come to hospital with the following problems:

- n Self-harm
- n Suicide attempts/wanting to end your life
- n Urgent problems with your mental health
- n If you are a young person in Bristol Children's Hospital who is physically unwell, and also have difficulties with your mental health and wellbeing

We will work with you to complete a full assessment of the problems which you were referred to us for, and to find some ways forward.

We will protect your confidentiality (keep what you tell us private) unless we feel there is a serious risk to you or another person. If we need to break confidentiality, we would always try and talk to you about it first and explain our worries.

However, with your consent, we will share information about our assessment and what we discuss with other people working with you, so they can support you and understand your needs. We will write to you, too, so you have a record of what we talked about.

We will also need to talk to your parent/carer, or other adult responsible for you, to ensure you are going to be safe and supported when you leave hospital, but you will have the chance to talk to us privately too.

What is Self Harm?

Self-harm means injuring yourself on purpose. It can be in many different ways, such as overdosing, cutting, scratching or burning yourself, hitting yourself or banging your head.

Many people harm themselves through what may be seen as more acceptable or everyday actions, such as not eating properly, misusing alcohol or street drugs, or over-exercising. These can meet needs such as dealing with stress or difficult feelings, in the same way as things like cutting can.

Self-harming is often for different reasons than an attempt to end your life. In fact some people say it acts as a release, which helps you survive upsetting feelings or awful things which have happened to you.

About 1 in 10 young people self-harm at some point in their life; it is more common in young women, but young men may also self-harm.

We understand self-harm is a coping strategy for many young people and will support, listen and not judge you.



Suicide Attempts/Attempts to end your life

You may have felt that life is too upsetting or difficult to continue to live. This can sometimes be more about being unhappy with life, being depressed or in the middle of a crisis, rather than actually wanting to die.

When you have found things so difficult, even if you later regret attempting suicide, we will take it seriously and work with you to find support and ways to keep you safe.

Many young people self-harm or attempt suicide by taking an overdose of tablets. There are no safe limits for taking an overdose. Serious harm can result, when sometimes people just want relief from their feelings rather than to end their life.



Urgent Mental Health

We will also see young people who have come to hospital with urgent concerns about their mental health.

We will work with you to assess what your needs are, and, if necessary, we can ask for you to be seen by a psychiatrist.



Liaison

This is the part of the service where we assess and support young people who have come to the Children's Hospital, who have more mental health needs or emotional distress than usual about being in hospital and physically unwell.

An example would be to offer assessment and support around mental health to a young person with an eating disorder, who is in hospital due to their physical condition, and ensure that they are linked in with services that can help.

What happens next?

When we finish our assessment, we will discuss with you what other services may meet your needs or give you longer-term support and link you into these, if necessary.

This might be through the local CAMHS teams, school, counselling services or substance misuse services.

For young people who live in the Bristol or South Gloucestershire areas, we may also be able to offer 'follow ups' of up to six sessions. This may be for a specific piece of work, for example, anxiety management, or to give you support until other services begin to work with you.

