



Community Children's
Health Partnership

Believe in
children
Barnard's

Thinking

Allowed

Child & Adolescent
Mental Health Service



What is Thinking Allowed?


Part of the Child Adolescent Mental Health Service (CAMHS).

A service in Bristol for children and young people in care or adopted aged 0-18 who are experiencing emotional, behavioural and/or mental health difficulties.

We also work with their carers.



Why should I go?

- To help you talk about your worries
 - To learn new ideas to help you deal with your problems
 - To help you with difficult thoughts
 - Someone to listen and talk privately with if you need to
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What happens?

You will be offered an appointment with Thinking Allowed.

We'll ask you about your difficulties and help you to decide what to do next.

We may decide it will be helpful for us to have some more appointments together.

We will write down what we decide and send you a copy.





What are my choices?

We want you to feel comfortable at Thinking Allowed and we will offer you choices about what happens whenever we can.

We can decide together if your carer/social worker or another adult comes to your sessions with you.

If, at any point, you think you'd like to see a different person at Thinking Allowed you can let your carer or social worker know and we will do our best to arrange a change for you.

We really like to hear your thoughts about our service so we may ask about your experiences from time to time. This means we know when we are doing things well and also so we can find out how to improve our service for the people who use it.

Who else will know about me?

We take your confidentiality seriously.

This means you can tell others about this visit but we won't tell anyone else unless we have your agreement.

The only reason we would have to consider passing on confidential information without your permission is to protect you or someone else from serious harm. We would always try to discuss this with you first.

We welcome everyone!



What children and young people say about CAMHS:

“When I feel stressed I can remember things to do from the session”

“It’s somone to talk to who listens and gives you a bit of back up. She was easy to talk to cos she never said I was wrong”

“I have become more confident and able to control my worries”

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Call for more details, or if you have any comments or complaints:

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