

## Do my friends have to know?

No, not unless you wish to tell them. This is a confidential service, so they will not hear about it from us.

## Who can I talk to?

If you hear that you are on our waiting list and want to talk to someone, you can call one of our Senior Social Workers on 464 6591. They are based at **Single Referral Point, 10 The Gardens, Fentham Road, Erdington, B23 6AG**. You can also talk to someone at the Children's Rights Service on 303 7217.

অনুরোধ সাপেক্ষে বাংলা ভাষায়ও পাওয়া যায়, যোগাযোগ করুন 0121-464 3123

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اُردو زبان میں بھی طلب کرنے پر دستیاب ہیں۔ رابطہ کے لئے 0121-464 3123 پر رجوع کریں۔

**This information is available in large print, braille, audio-tape and community languages on request.**

**Please contact 0121-464 3123.**

Additional copies of this leaflet can be obtained from:

**CAMHS Single Referral Point, 10 The Gardens,  
Fentham Road, Erdington, Birmingham B23 6AG**

• Tel: 0121-464 6591 •

[www.birmingham.gov.uk/socialcare](http://www.birmingham.gov.uk/socialcare)

Designed by the Publications Unit, tel: 464 2738

# Child and Adolescent Mental Health Service

## Information for Children and Young People



## Children and Young Person's Service

**CAMHS  
Social Care and Health  
Martineau Centre  
74 Balden Road  
Harborne  
Birmingham B32 2EH**

Telephone: 0121-303 7884

# Children and Young People's Service

We understand that coming to a service like this may be difficult or confusing for you so we hope to answer some of your questions in this leaflet.

## How can you help me?

We can help you if:

- You lose your temper easily.
- You are being bullied.
- You are being called racist names.
- You are feeling sad.
- You have been in care for a long time and find having many different carers hard.
- You feel sad or angry because someone close to you has died.
- You feel unhappy because your family is always rowing.
- You feel unhappy because your parents are not together anymore.
- You find it difficult to make friends and to keep them.

## Why do I need your help?

You are here because somebody (maybe your mum or dad, social worker, or your doctor) thinks we can help you.

Don't be afraid about getting help from us, it doesn't mean you are weird. You may just need some space to think and talk about your worries.

## What happens when I see you?

- On our first meeting, we will talk about how we can work together.
- We may work with you on your own or as part of a group.
- We will try to use fun ways of working e.g. through drama and plays.

## Who will I see?

You will see one of the following: Social Worker, Child Psychotherapist, Psychologist or Specialist Nurse.

They are all qualified and have experience of working with children and families.

## How long will these sessions last?

Sessions can last from 30 minutes to 1½ hours, depending on whether we are working with you in a group or on your own.

## How often will I need to see you?

How often we see you will depend upon the problem. It could be once or twice, it could be weekly or monthly – it all depends.

## How do I get to see you?

We make appointments with your parents or carers to see you. This is usually in our office, but if we can't meet there, we will arrange to meet you somewhere else such as your school or your home.