

Mindsight Surrey CAMHS Children in Care Services (3Cs)

Information for young
people



Easy Read

Children in Care Service (3Cs)



We are a mental health service for children and young people who are in the care of Surrey Children's Services.



We work with children and young people who live in foster care or children's homes.



We can help you with:-

- Worries about your mental health
- Feeling low or anxious



- Feeling really angry



- Self-harm



- Not being able to sleep



- Nightmares and flashbacks



- Unpleasant thoughts that you can't control

How we help



If you are finding things difficult we can help.

We meet with you with your carer and maybe your social worker.

This is an assessment.



We write a report which says what treatment would be good for you.



We can help you in different ways:

- **Sessions on your own**

You would meet someone from 3Cs every week to talk and listen.



- **Sessions with you and your carer**

Sometimes it can be helpful to have your carer in the room so we can think together about the things you are finding difficult.



● Sessions with your carers

Sometimes your carers might need some extra help to make sure they are meeting your needs.

How we support you



We always treat you with respect and won't judge you.



We keep everything that you say private. We will not talk to anyone about what you say.



If we think you are in danger we must tell someone. If this happens we will talk to you about it first.

Contact us

You can contact us at:



Ramsay House
Richmond Crescent
West Park (off Horton Lane)
Epsom, Surrey
KT19 8PB



Telephone: 01372 203096



In a crisis you can phone CAMHS
One Stop on **0300 222 5755**
between 8am and 8pm

If you are in a crisis at night you
should phone 999