

Mindsight Surrey CAMHS **Mindful Service** Information for young people



For a better life

Our services for children and young people

Our Mindful Service is part of Mindsight Surrey CAMHS, a partnership for children and young people with mental health problems and learning disabilities living in Surrey.

We provide help and support when you begin to feel emotionally or mentally unwell, reducing the chance of problems becoming more serious.

About Mindful

If you are aged 16 to 25 and going through emotional or mental health difficulties then we may be able to help. People often come to us because they are finding it hard to cope in areas of their lives such as relationships, education or employment.

We may be able to help you if you are in this age group and are:

- Feeling worried, anxious or overwhelmed by problems
- Finding it hard to concentrate
- Becoming isolated
- Experiencing changes to your appetite or sleep

How we can help you

Have your friends noticed a change in you? If you're not currently seeing anybody about your difficulties but feel you would benefit from some support, consider contacting Mindful.

Our aim is to offer support to anyone who is not already receiving help from mental health services. We offer a flexible and friendly approach and can help if:

- You have drug or alcohol difficulties
- You are homeless or at risk of homelessness
- You are not in education or employment



What to expect from Mindful

Everyone's different and we can help in many ways:

- We can meet you for a one-off chat to explore what is worrying you and any other concerns you want to discuss
- We can offer short/medium term support – this can be in weekly, fortnightly or monthly sessions
- You could take part in a workshop with a small group of other young people to discuss emotional and difficult issues such as self-harm, substance misuse or relationships problems

How we work

We have strong values around the way we treat people:

- We always aim to treat you well
- We will involve, not ignore you
- We'll give you respect and dignity
- We won't judge you

We will also respect your privacy and won't discuss what you tell us with anybody else, unless we are concerned about your safety and/or the safety of others. If we need to do this, we will always tell you first and do so with your best interests in mind.

What people say about Mindful

"I thought the service was brilliant, it allowed me to open up in my own time, really helped me see where my problems arose from and helped me find ways to deal with them effectively."

"It has made me manage things a lot better."

"My therapist – her methods and the way she addresses my problems – is brilliant."

"I think it's really good that these services are available for young people as they set you up for life situations; they help you deal with your feelings and behaviour and understanding them, which would be a lot harder when you are older."

In case of a crisis

If you are looking after or caring for a child or young person who you believe is in crisis and requires an urgent response, between the hours of 8am and 8pm seven days a week

including Bank Holidays, contact **CAMHS One Stop** on **0300 222 5755**. Outside of these hours and if there is immediate risk please use the appropriate emergency service.

How to access the service

You can contact Mindful directly and receive support, we call this a self-referral.

Contact details

Sharon Dean, Mindful Service
Lead, Surrey and Borders
Partnership NHS Foundation Trust,
1st Floor, The Base, St Peters
Hospital Site, Guildford Road,
Chertsey, Surrey
Tel: 07771 976770

Mindful accepts referrals from anyone who is concerned about a young person, including the police, probation and supported housing providers.

We also accept referrals from health, social care or education practitioners such as a GP or teacher. This ensures that every child or young person referred is in contact with the right service and receives appropriate treatment and support.

To make a referral or for advice contact CAMHS One Stop



0300 222 5755



Visit our website here:

sabp.nhs.uk/mindsightsurreycamhs



**CAMHS One Stop, 18 Mole Business Park,
Leatherhead, KT22 7AD**

If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:

Tel: 01372 216285

Email: communications@sabp.nhs.uk

Confidentiality and information sharing

We may need to share information about people who access our services with relevant Surrey CAMHS partners in order to provide care and advice. This will only take place if we have received permission and it is considered necessary.

Surrey and Borders Partnership NHS Foundation Trust
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222 Textphone: 020 8964 6326

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