

Mindsight Surrey CAMHS Services for young people who have been in care

Information for young people



Easy Read

Services for children and young people



We are a mental health service for young people aged 16- 25 who have problems with:

- Difficult thoughts
- Feelings and behaviour that they don't understand



- Difficulties with:
 - ▶ Relationships
 - ▶ School or college
 - ▶ Work



- Alcohol or drugs



- Homelessness

How to get help



You can get help by:

- Talking to your personal advisor
- Talking to your own local doctor
- Contacting the **CAMHS One Stop** on **01372 203096**



We will contact you to discuss your problems.

What you can expect



We help young people with their feelings and their mental well being.



We will work with you and others to make sure you get the help you need.



We will listen to you so we understand your problems.



We will try to stop your problems getting worse.



We will treat you with respect, and keep the things you tell us private except if someone is in danger.



We will help you if you need to move on to adult services.

How to get help

We have one phone number and one website to get a service in Surrey.

Please use the phone to contact us.



Telephone: 0300 222 5755



Web: sabp.nhs.uk/mindsightsurreycamhs



You can also get a service by talking to your local doctor, your social care support worker, or your school or college.



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