

Mindsight Surrey CAMHS

Mental health services for
children and young people



Easy Read

Mindsight Surrey CAMHS



Mindsight Surrey Child and Adolescent Mental Health Service (CAMHS) is the health and social care service for children and young people with mental health problems and learning disabilities in Surrey.



We provide help and support to children and young people:

- Before they are ill so they don't become unwell



- As soon as they begin to feel unwell so they are less likely to get worse



- In an emergency when help is needed urgently

Prevention and Early Intervention Services

Our Prevention and Early Intervention Services work with children and young people to:



- Improve their wellbeing. This is when they are comfortable, healthy and happy



- Help children to know how to deal with difficult feelings when they come.
- Help children to bounce back if they get upset

Targeted Services

We have services that focus on children and young people who are more likely to have mental health problems.



Specialist and Crisis Support Services



This service works with people who:

- Have complex needs
- Need urgent help

Our Partners

We work together in partnership with many organisations including:



- **Beacon UK** will be the first people you contact. They make sure you get the right service for you.



- **Xenzone** offers counselling online at www.kooth.com.

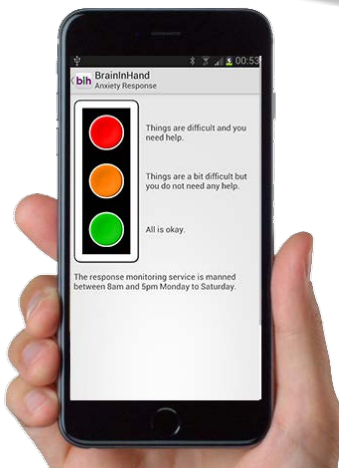
This service gives young people aged 10 and over immediate help.



- **Surrey's Youth Support Service** have a **No Labels Service** which works with young people who are leading chaotic lives and are not in touch with other services.



- The **National Autistic Society**, and **Barnardo's** have worked together to create a mobile phone app called **Brain in Hand**.



Brain in Hand helps children and young people who have problems with their behaviour, emotional problems or a disability.



It helps you to remember activities, reduce anxiety and feel supported.

Many other organisations in Surrey provide help to children and young people who have mental health problems or learning difficulties like:



- Heads Together
- Learning Space
- Eikon
- The Lifetrain Trust
- Reflex Woking
- Step by Step
- Relate West Surrey

The **Richmond Fellowship** provides education, training and employment and support to those aged 16-25

Catch 22 supports the **Mindful** service through their work with young people.

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.