

# Mindsight Surrey CAMHS

## **Primary Mental Health Team (PMHT)**

Information for young people,  
families and carers



For a better life

# Our services for children, young people and families

Our Primary Mental Health Team (PMHT) is part of Mindsight Surrey CAMHS, a partnership for children and young people with mental health problems and learning disabilities living in Surrey.

We support children and young people when they begin to feel emotionally or mentally unwell, helping to build resilience and improve wellbeing to reduce the chances of problems becoming more serious.

## About us

Our team consists of people from different professional backgrounds who all have experience of working in children's mental health. We include nurses, social workers, psychologist and therapists.

We support children, young people, parents, carers and other professionals such as teachers, identifying and preventing emerging or mild mental health issues like depression and anxiety. We do this through:

- **Consultations**
- **Assessments & brief treatment**
- **Training**
- **Liaison with professionals**



## How we can help you

A teacher, parent or carer may notice that you are finding it difficult to cope with your feelings. You may be having problems at school or college and have lots of worries. A professional can contact a Primary Mental Health Practitioner who will offer some suggestions – this is called a **consultation**.

We might need to meet with you and your family at your school or nearest CAMHS clinic to find out more about the problems you are having and what you think might help. This is called an **assessment**, which lasts 45 minutes. As part of the assessment we will write a care plan, which outlines what needs to happen next. We might meet you again to find out how you have been, what is working well and talk about what else you might try. We may offer up to five sessions of 45 minutes of **treatment**, which may be just with you or as part of a group. It may be that you are feeling better and don't need to be seen again, so you would be discharged after your assessment.

**“Thank you, so much for helping me with my anxiety in the group. It has really helped me so much.”**

**Girl, 8**



As part of our role we provide **training** for teachers, professionals, parents and others about mental health issues to help prevent problems and identify issues early on. We also meet, **liaise** and talk with other professionals such as teachers, social workers and GPs to share information and work together to support you and your family.

**“It’s just invaluable to know we have a Primary Mental Health Practitioner meeting us regularly at school to discuss children that we are concerned about. This helps us prevent escalation of difficulties and put in place some helpful support and strategies.”**

**Teacher, Special Education Needs Coordinator (SENCO)**

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## Frequently Asked Questions

### **Q: I am feeling really upset, what can I do whilst I wait for my appointment?**

A: Talking to a parent or friend can help while you are waiting. There are also online resources listed overleaf which can provide support.

### **Q: What sort of thing can CAMHS PMHT do to help?**

A. We offer brief, short-term talking therapies such as Cognitive Behavioural Therapy (CBT) and Solution Focused Therapy.

### **Q: Will everyone know that I am seeing CAMHS?**

A: No, which means anything you share with CAMHS will be kept confidential, unless we are concerned that you or others are at risk because of the information you share.

### **Q: Do I need to do anything or bring anything to my appointment?**

A: No, just bring yourself. But if you find it helpful you can write down a few notes about how you've been feeling and what you feel may be causing it.

### **Q: Who works at CAMHS?**

A: Lots of different staff, including Primary Mental Health Practitioners, Psychiatrists (Doctors), Psychologists, CAMHS Social Workers, Art Therapists, Psychotherapists, Nurses, Family Therapists and Psychological Wellbeing Therapists.

### **Q: Who else can I talk to or get information from?**

A: You can talk to any professional including teachers, school nurses GPs and pastoral care departments. You can also get lots of information through our website [sabbp.nhs.uk/mindsightsurreycamhs](http://sabbp.nhs.uk/mindsightsurreycamhs).

### **Q: Who will I see at CAMHS?**

A: A clinician from the PMHT, who may be anyone from the list of people who work at CAMHS given above.

### **Q: How long will I have to wait for my first appointment and how many will I have?**

A: We will make an assessment based on how you are feeling and an appointment will be made for you depending on need. This may vary, but if you are concerned please speak to the person who referred you or contact the CAMHS One Stop directly.

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## Helpful links

Mindsight Surrey CAMHS is a partnership involving the following organisations.

### **Xenzone & Kooth**

Online Counselling  
[www.xenzone.com/kooth.html](http://www.xenzone.com/kooth.html)

### **Brain in Hand**

Personalised Online & App based prevention/recovery plans  
[www.braininhand.co.uk](http://www.braininhand.co.uk)

### **Heads Together**

Counselling (East Surrey)  
[www.ymcaeast Surrey.org.uk](http://www.ymcaeast Surrey.org.uk)

### **Relate West Surrey**

Counselling (West Surrey)  
[www.relatewestsurrey.org.uk](http://www.relatewestsurrey.org.uk)

### **Step by Step**

Counselling & Mentoring by students (West Surrey)  
[www.stepbystep.org.uk](http://www.stepbystep.org.uk)

### **Eikon**

Early Intervention support at schools, youth clubs & on the streets  
[www.eikon.org.uk](http://www.eikon.org.uk)

### **Learning Space**

Early Intervention Outreach (East Surrey)  
[www.learningspace.org.uk](http://www.learningspace.org.uk)

### **Barnardo's**

Parenting Programmes for ADHD  
[www.barnardos.org.uk](http://www.barnardos.org.uk)

### **National Autistic Society**

Support Groups, Youth Groups, Activities, Talks & Signposting  
[www.nas.org.uk](http://www.nas.org.uk) or  
[www.nassurreybranch.org](http://www.nassurreybranch.org)

### **Surrey Youth Support Service & No Labels**

To support vulnerable children

### **Catch 22**

To help people with dual diagnosis in tough situations turn their lives around  
[www.catch22.org.uk](http://www.catch22.org.uk)

### **The Lifetrain Trust**

Life Skills & Support  
[www.lifetrain.org.uk](http://www.lifetrain.org.uk)

### **Reflex Woking**

Mentoring & Life Skills (Woking)  
[www.reflex-woking.org.uk](http://www.reflex-woking.org.uk)

### **Windle Valley Youth Project**

Mentoring, 1:1 support, Youth Clubs, Life Skills & Advocacy (Surrey Heath)  
[www.wvyp.org.uk](http://www.wvyp.org.uk)

### **Richmond Fellowship**

Offers Education, Training and Employment opportunities and support  
[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

## 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.

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## How to access the service

We 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.

Please contact your GP, teacher or social care worker to get a child or young person a referral to our service.

If you have any questions about a child or young person's mental health, call **CAMHS One Stop** for advice.

### To make a referral contact CAMHS One Stop



0300 222 5755



Visit our website here:

[sabp.nhs.uk/mindsightsurreycamhs](http://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](mailto: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.

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

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Tel: 0300 55 55 222 Textphone: 020 8964 6326

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