

# Mindsight Surrey CAMHS Services for adopted children

Information for parents and guardians of  
adopted children



**Easy Read**

# Services for adopted children



We are a mental health service for children and young people who have been adopted or have a special guardian.



We also offer support to the parents of adopted children and special guardians.



Many adopted children have suffered difficulties in their early life that affect their mental health.

# What we do



- Work with parents and guardians about any difficult behaviour or family problems.



- Look at the problems and suggest treatment that might help

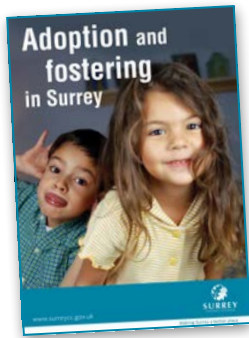


- Arrange different ways of help and support for children, young people and their families.



- Give advice and training to professionals, parents and guardians.

# How we work



We work together with with Surrey Adoption Services and the Fostering Friends and Family Team.



We usually carry out the first assessment with all the key people at the meeting.



We will write a report and agree what to do next.

This might be a mixture of:

- One to one counselling
- Family sessions
- Sessions with other professionals such as teachers.



# Helpful links

Mindsight Surrey CAMHS is working together with these organisations:

- **Xenzone & Kooth** can give you counselling online.



**Web:** [www.xenzone.com/kooth](http://www.xenzone.com/kooth)

- **Brain in Hand** is an App that helps children and young people who have mental health difficulties



**Web:** [www.braininhand.co.uk](http://www.braininhand.co.uk)

- **Heads Together**  
Free and confidential counselling for children and young people aged 14 - 24.



**Web:** [www.ymcaeast Surrey.org.uk](http://www.ymcaeast Surrey.org.uk)

- **Relate West Surrey**  
Counselling mostly around problems with relationships



**Web:** [www.relatewestsurrey.org.uk](http://www.relatewestsurrey.org.uk)

- **Step by Step**  
Counselling for young people aged 11 - 25



**Web:** [www.stepbystep.org.uk](http://www.stepbystep.org.uk)

- **Eikon**  
Support for children and young people at school, youth clubs and on the streets.



**Web:** [www.eikon.org.uk](http://www.eikon.org.uk)

- **Learning Space**  
Support for children and young people at school



**Web:** [www.learningspace.org.uk](http://www.learningspace.org.uk)

- **Barnardo's**  
Support for parents of children who are hyper active



**Web:** [www.barnardos.org.uk](http://www.barnardos.org.uk)

- **National Autistic Society**  
Support Groups and youth groups for children and young people with autism



**Web:** [www.nas.org.uk](http://www.nas.org.uk)

**Web:** [www.nassurreybranch.org](http://www.nassurreybranch.org)

- **Surrey Youth Support Service and No Labels** support vulnerable children



- **Catch 22**  
To help young people in tough situations  
**Web:** [www.catch22.org.uk](http://www.catch22.org.uk)



- **The Lifetrain Trust**  
Help young people with training and support to achieve the most in their lives  
**Web:** [www.lifetrain.org.uk](http://www.lifetrain.org.uk)



- **Reflex Woking**  
Help young people who are having difficulties with support and mentoring  
**Web:** [www.reflex.org/post/reflex-woking](http://www.reflex.org/post/reflex-woking)



- **Windle Valley Youth Project**  
Work with youth clubs, youth cafes to support and mentor young people  
**Web:** [www.wvyp.org.uk](http://www.wvyp.org.uk)



- **Richmond Fellowship**  
Offers education, training, support and help to get a job.  
**Web:** [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

# 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](http://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