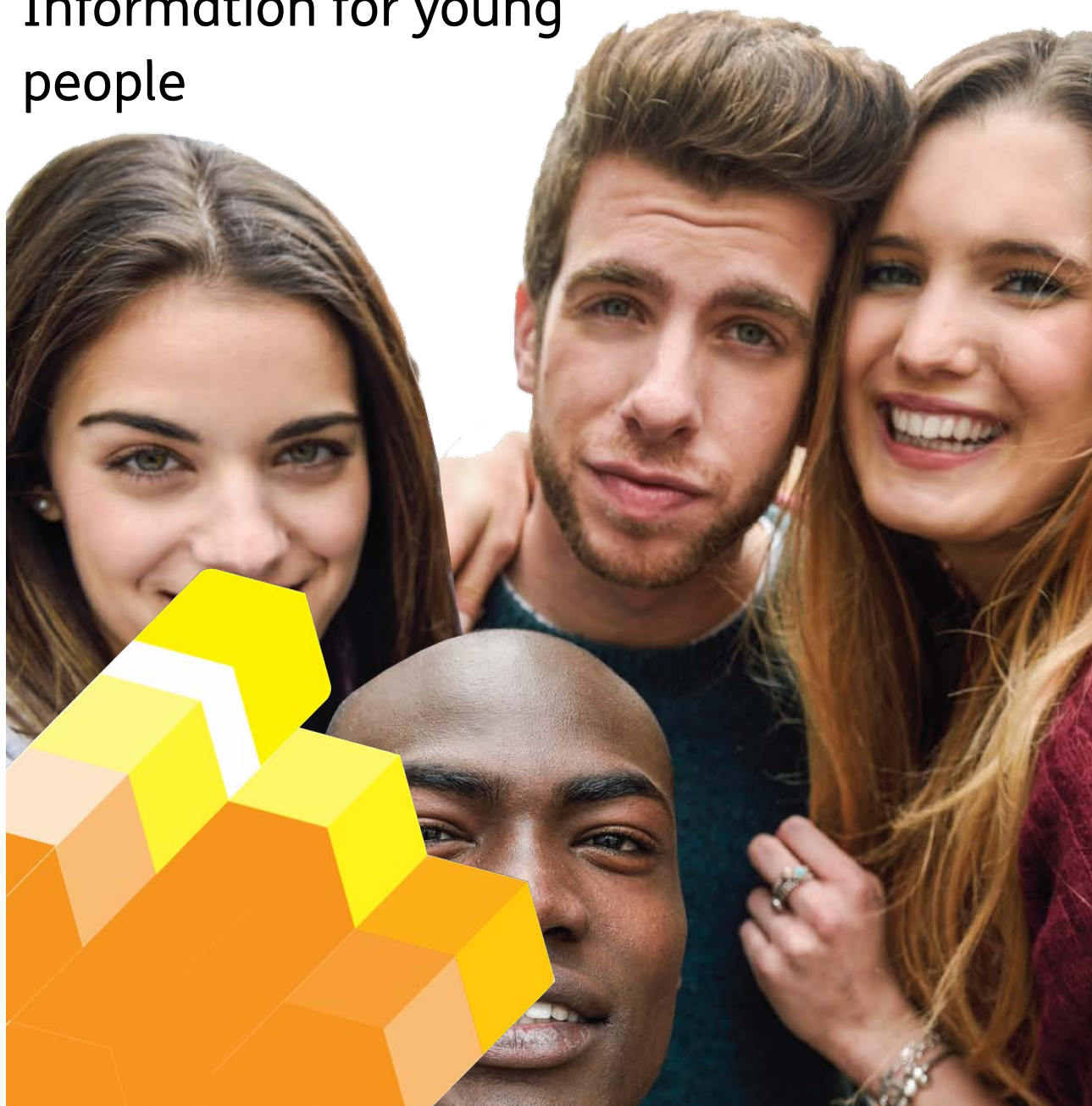


Mindsight Surrey CAMHS Mindful Service

Information for young
people



Easy Read

Services for children and young people



We provide help and support when you begin to have problems with your feelings or with your mental health.

We want to help you quickly so that the problems do not get worse.

About Mindful



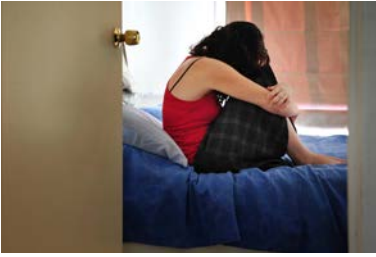
Young people often come to us if they are having problems in their life with:

- Relationships
- School or college
- Their job.

We may be able to help you if you are between 16 and 25 and:



- You are feeling worried or anxious.
- Your problems are getting too much for you.



- You feel very alone - with no one to talk to
- Your eating or sleeping habits are changing.

How we can help you

We offer support to anyone who is not already getting help from a mental health service.

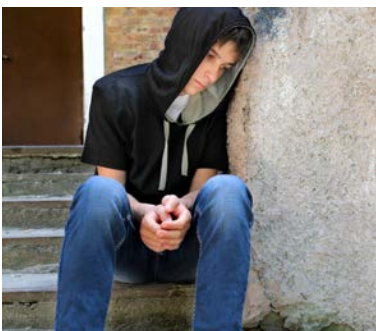
We offer friendly support if:



- You have drug or alcohol difficulties



- You are homeless or at risk of homelessness



- You are not at college or don't have a job.

What to expect



Everyone is different and we can help in many ways:

- We can meet you for a chat. We will listen to what is worrying you.



- We can offer you a weekly or monthly session to talk about your problems



- You could join a small group with other young people who have problems like yours.

How we work



- We will always treat you well
- We will involve you. We will not ignore you.



- We will respect you and treat you with dignity.
- We won't judge you



- We will keep everything you say private. We will not tell anyone else unless we think someone is in danger.

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