

Mindsight Surrey CAMHS Primary Mental Health Team (PMHT)

Mental health services for
children and young people



Easy Read

Primary Mental Health Team (PMHT)



We support children and young people when they begin to have problems with their feelings or mental health.



We help you to:

- Cope with difficulties



- Improve your wellbeing



- Stop the problems becoming more serious.

About us



We have a team of **Primary Mental Health Workers**.

They are trained to work with children and young people with mental health problems.

The team includes nurses, social workers, **psychologists** and **therapists**.



A **psychologist** is trained to help people cope with their feelings and behaviour.

A **therapist** helps people by talking and listening.



We support children, young people, parents, carers and other professionals, like teachers.



We work with children and young people who have mild mental health issues like depression and anxiety.

How we can help you



Consultation

This happens when an adult thinks that you are having difficulties with your feelings or mental health.



They contact a **Primary Mental Health worker** who offers some help. This is called a **consultation**.



Assessment

This is when we meet with you and your family to find out more about your problems.

It lasts about 45 minutes.



After the assessment we will write a care plan. This explains the **treatment** that we think you should have.

We might meet again to see what is working, and what other treatment you might try.



Treatment

We may offer up to 5 sessions of 45 minutes.

This will be where you meet with a Mental Health worker who will talk and listen to you.



Other work

We also provide training to teachers, parents and others to help them to look out for mental health problems in children and young people

Helpful links

Mindsight Surrey CAMHS is working together with these organisations:

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



Web: 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

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



Web: www.ymcaeast Surrey.org.uk

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



Web: www.relatewestsurrey.org.uk

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



Web: www.stepbystep.org.uk

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



Web: www.eikon.org.uk

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



Web: www.learningspace.org.uk

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



Web: www.barnardos.org.uk

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



Web: www.nas.org.uk

Web: www.nassurreybranch.org

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



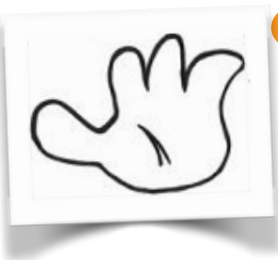
- **Catch 22**
To help young people in tough situations
Web: www.catch22.org.uk



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



- **Reflex Woking**
Help young people who are having difficulties with support and mentoring
Web: 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



- **Richmond Fellowship**
Offers education, training, support and help to get a job
Web: 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



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