

# Mindsight Surrey CAMHS Services for adopted children

Information for children and young  
people



**Easy Read**

# Services for adopted children



We help and support children and young people who are having problems with:



- Difficult thoughts



- Feelings and behaviour that they don't understand



- Difficulties with:
  - ▶ Making friends
  - ▶ School or college

# What do we do?



We listen and talk with you.



Sometimes we draw and make things.  
Sometimes we play.



Sometimes your family will be  
there as well.



We listen to you so we can learn more  
about the things that you find hard.



After we have spent some time  
listening to you we will think  
about ways that we can help you  
to feel better.

# About us



All the people who work here have worked with children and young people for a long time.



We know about children who don't live with their birth families and now live with new parents or guardians.



All the people who work here want you to feel happy about coming.

They will be friendly and help you to feel good.

# Why do you need to come?



You have been asked to come and see us so we can help you.

Maybe you are having some problems with your feelings.



Maybe you get angry a lot, or maybe you are always sad.

Maybe you are always getting into trouble.



We can help children who have these problems, so they start to feel better and happier.

# 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