

# Mindsight Surrey CAMHS Services for young people who have been in care

Information for Carers and practitioners



**Easy Read**

# Services for young people aged 16 - 25 with moderate mental health problems



We are a mental health service for young people aged 16- 25 who have moderate mental health problems.



They may also have other problems like drug or alcohol misuse or homelessness.



They will usually be involved with other services around these other problems.

# What we do



- Stop the mental health problems getting worse



- Work with other housing agencies to make sure that the mental health needs of the young person are met.



- Help all the other people working with the young person to understand their mental health problems.



- Help the young person to get the right services for them

# How we help



We work together with the other agencies to stop the mental health problems from getting worse by:

- Working out what the young person needs. This is called an assessment.



- Giving the right treatment. This will be either:
  - ▶ Arranging some treatment from a different service or



- ▶ Up to 15 short sessions with one of our own mental health professionals. These will be meetings where we will listen and talk with the young person.



- Giving advice to the other agencies.
- Training and supporting other professionals who are involved with the young person.

# 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:** 01372 203096 or 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