

Mindsight Surrey CAMHS Supporting young people with their behaviour and emotional needs

Information for young
people, families, carers
and workers



Easy Read

Services for children and young people who have difficulties with their behaviour and emotional needs



We work with people with:

- Autism
- Attention deficit hyperactivity disorder (ADHD)



- Foetal alcohol syndrome. This is where a baby was exposed to alcohol before they were born.



- Behaviour problems

What we do



We work closely with colleagues in health, education and social services to make sure children and young people get the right support.

We will:



- Meet with you and to find out exactly what the problems are.

- Give advice to parents and carers.



- Invite parents to a group where they can share problems and support each other



- Offer up to 10 one to one care sessions.



This might also include:

- One to one sessions with a Mental Health professional
- Meeting with a small number of other young people to talk about problems and support each other
- Medication



Our services are provided different times and in different places to be convenient for you.

Some sessions may be offered in the evenings or Saturday mornings.

We also offer telephone support.

Our team includes:

- **Nurses**
- **Occupational therapists.** They help you to do day-to-day tasks.
- **Psychologists** work with people around their behaviour problems.
- **Psychiatrists** work on all mental health problems.



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.



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