

Mindsight Surrey CAMHS

Children in Care Service (3Cs)

Information for young people



For a better life

Helping children, young people, families and carers

Our Children in Care Service, known as 3Cs, is part of Mindsight Surrey CAMHS, a partnership for children and young people with mental health problems and learning disabilities living in Surrey.

About us

We are a specialist team providing a dedicated mental health service for children and young people who are in the care of Surrey Children's Services and their carers and support networks.

We use the most up-to-date evidence and research to ensure that we can meet your needs in the most effective way.

- › **Worries about your mental health**
- › **Feeling low or anxious**
- › **Feeling really angry**
- › **Self-harm**
- › **Sleep disturbance**
- › **Nightmares and flashbacks**
- › **Intrusive thoughts**

What we do

At 3Cs we only work with children and young people living in foster care or in children's homes. We understand that being in care can be really hard sometimes and that you may find it helpful to have some psychological support from someone outside of home or school. Some of the things we can help you with could include:

Contact us

Ramsay House

Richmond Crescent
West Park (off Horton Lane)
Epsom, Surrey
KT19 8PB

Tel: **01372 203096**

In case of a crisis

If you are seeing a child or young person who you believe is in crisis and requires an urgent response, between the hours of 8am and 8pm seven days a week including bank

holidays, contact **CAMHS One Stop** on **0300 222 5755**. Outside of these hours and if there is immediate risk please use the appropriate emergency service.

What to expect from your 3Cs Team

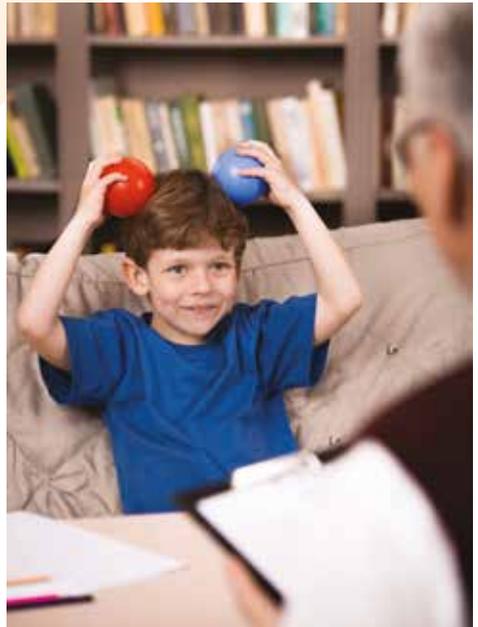
If you're finding things difficult, we are here to help you get things straight in your head. To do this, we need to meet with you and get to know more about you so that we have a better understanding of what's going on.

To help us find out, we meet with you, your carer(s) and sometimes your social worker and talk things through. We call this an assessment. After this assessment, we write a report to say what kind of help you might need and then make sure that you get it. Everyone is different, but some of the ways we might be able to help include:

- ▶ **Individual sessions** – where you meet with someone from 3Cs every week. We will regularly review whether these sessions are helpful or whether we need to think about other ways to support you.
- ▶ **Sessions with you and your carers** – sometimes it can be helpful to have your carer in the room so that we can think together about the things you are finding difficult.
- ▶ **Sessions with your carers** – even if you don't need any help yourself, sometimes your carers might need extra help to make sure they are meeting your needs and that they understand you.

We will always treat you with respect and won't judge you. We will also respect your privacy and will not discuss what you tell us with anybody else, unless we are concerned about your safety and/or the safety of others. If we do need to do this, we will always tell you first, with your best interests in mind.

It's natural to feel anxious about having some help. Just remember that we are trying to find the right way to help you and that we will listen to what you have to say.



How to access the service and make a referral

We accept referrals from health, social care or education practitioners such as a GP or teacher. This ensures that every child or young person referred is in contact with the right service and receives appropriate treatment and support.

Please contact your GP, teacher or social care worker to get a child or young person a referral to our service.

If you have any questions about a child or young person's mental health, call **CAMHS One Stop** for advice.

To make a referral or for advice contact CAMHS One Stop



0300 222 5755



Visit our website here:

sabp.nhs.uk/mindsightsurreycamhs



**CAMHS One Stop, 18 Mole Business Park,
Leatherhead, KT22 7AD**

If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:

Tel: 01372 216285

Email: communications@sabp.nhs.uk

Confidentiality and information sharing

We may need to share information about people who access our services with relevant Surrey CAMHS partners in order to provide care and advice. This will only take place if we have received permission and it is considered necessary.

Surrey and Borders Partnership NHS Foundation Trust
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222 Textphone: 020 8964 6326

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