

Some of the Comprehensive CAMHS professionals that can help you

Health Visitor

A Health Visitor will work with the child and parent/carer by offering advice and help on such things as promoting good health, behaviour, sleep and support around post natal depression.

Portage Home Visitor

A Portage Home Visitor works with parents/carers to develop their children's social, emotional and behavioural development.

Educational Psychologist

An Educational Psychologist assists in assessing complex social, emotional and learning needs, helping children, teachers and parents/carers work out how to help resolve difficulties.

Paediatrician

A Paediatrician will work with children who are experiencing difficulties as a result of an underlying medical/physical/developmental condition.

Behaviour Support Worker

The Behaviour Support Worker supports children with behavioural, emotional and social difficulties in school and assists teachers in bringing about improvements.

Youth Inclusion Support Panel (YISPs)

YISPs work with children and young people who are a risk of getting involved in crime and anti-social behaviour.

Educational Welfare Officer

An Educational Welfare Officer works with children where there are concerns over attendance at school.

Useful contacts:

ParentlinePlus – www.Parentlineplus.org.uk, tel 0808 800 2222.

Parent Support Team – www3.hants.gov.uk/parentsupport, tel 01962 845448

Hampshire Family Information Directory – www.familyinformationdirectory.hants.gov.uk

Hantsdirect – 0845 603 5638

Hampshire Children's Information Service – www3.hants.gov.uk/childcare/cis.html

Hampshire CAMHS Commissioning Partnership – www.hants.gov.uk/camhs

Primary Mental Health Worker (PMHW)

PMHWs are part of the specialist CAMHS team who work with children and young people with mild to moderate mental health needs, including anxiety, self harm, depression, and anger difficulties.

Parent Support Team

The Parent Support Team provides advice and guidance on a wide range of parenting support provision in your area. To contact your District Parent Support Officer call 01962 845448, email parent.support@hants.gov.uk, <http://www3.hants.gov.uk/parentsupport>

ParentlinePlus

A free and confidential 24hr telephone support service offering advice, information and support for parents, tel 0808 800 2222.

Psychiatrist

A Psychiatrist specialises in understanding and working with children and young people who have more psychiatric/complex needs including illnesses such as depression and eating disorders.

Therapists

There are different types of therapists who provide particular interventions to help with emotional difficulties. Cognitive therapy, art therapy and play therapy are some of the types that are available.

Hampshire CAMHS Commissioning Partnership

Child and Adolescent Mental Health and emotional well-being services (CAMHS) in Hampshire

Information for parents and carers



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What is Comprehensive CAMHS?

Comprehensive Child and Adolescent Mental Health and emotional well-being services (CAMHS) means a network of professionals who can support you and your child when you have concerns about their behaviour, relationships and how they handle their feelings.

Where can I find information?

Comprehensive CAMH services are publicised with contact details on Hampshire Family Information Directory www.familyinformationdirectory.hants.gov.uk or call Hantsdirect on 0845 603 5620, email info@hants.gov.uk. You will also find service leaflets in various public places such as libraries and doctors' surgeries.

Who can help me?

You can ask for help from any children's professional that you may already be in contact with at your local Sure Start Children's Centre, Health Centre or School, such as your Health Visitor, Teacher, GP or Youth Worker.

If you need further help, the professional involved can seek assistance on your behalf from a variety of services according to the type of problem you are facing. These services include Behaviour Support, Portage, Educational Psychology, Hampshire Connexions, Paediatrics, Parent Support Team, Youth Inclusion Support Panel, Counselling Services, Educational Welfare, Specialist CAMHS Team, Children's Services Locality Team and Early Intervention Psychosis Service. Examples of some of these services can be found on the back page.

The more complicated the problems are the more likely a number of professionals will work together to assist you. They may use one form (a Common Assessment Framework) to help understand all the different needs that your child and family have.

Where the difficulty is complex and proving hard to change for the better, specialist CAMHS workers such as Psychiatrists, Therapists, Specialist Nurses or Clinical Psychologists may join the team you are working with to add a particular intervention. You might have a lead professional to co-ordinate everyone.

