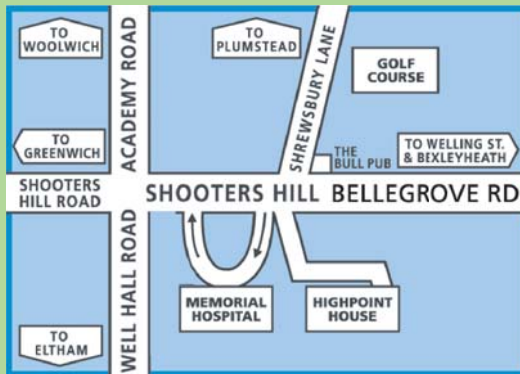




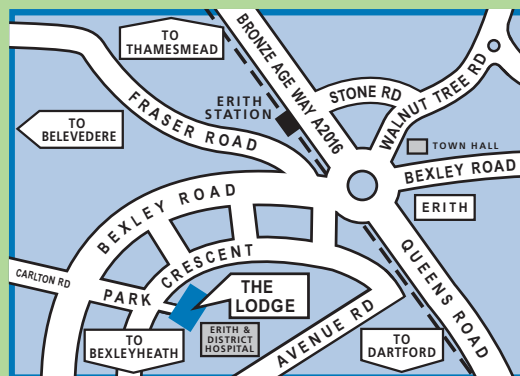
How to find CAMHS



Highpoint House
Memorial Hospital
Shooters Hill
London SE18 3RG
Tel: 020 3260 5200

Introducing...

Child and
adolescent
mental health
services
CAMHS
(Bexley)



The Lodge
Erith Hospital
Park Crescent
Erith
Kent DA8 3EE
Tel: 01322 356121

Revised April 2011

improving lives



Here is a list of some of the things that we **DO NOT** do.

We **do not** give injections.

We **do not** do operations.

We **do not** tell you off.

We **do not** tell other children that you are coming here.

But we **DO** think about the things that you are good at and try to help with your worries.

We know that sometimes children worry about coming to see us because they get nervous about meeting new people and going to new places.

You might have worries or questions you want to ask us. There is a space at the back of this leaflet where you can write these down to remind yourself when you come.



So here are some things that children who have been here wanted you to know before you come.

Before I came to CAMHS I was worried about what would happen and who I might meet. I thought they might be strict.

Before I came I was upset about some things. My therapist helped me talk. Sometimes this was difficult but I felt better in the end.

Whoever your helper is they are going to be really nice.

It's really good you will enjoy all the colouring.

When you've got a worry it helps to talk to someone who is nice and kind. The second time you come here it's easier because you know the person you are seeing.

My whole family came and now my mum and dad are less stressed and we get on better.

Don't feel embarrassed because its lots of fun. When you talk to people at CAMHS they are really nice and caring.

When I first came here I was scared and embarrassed.

You can play. I look forward to coming here. I can talk about my worries and I get excellent advice.

They were probably worried about some of the same things as you might be.

I like the room because when my helper needs to speak to my parents I can go to the other side of the room and play with the toys.