How to find CAMHS

Bexley and Greenwich

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

Bromley

Ground Floor
2 Newman Road
Bromley
Kent BR1 1RJ
Tel: 020 8315 4430
You have been given this leaflet because you have an appointment to come and see someone at CAMHS. (CAMHS stands for child and adolescent mental health services).

At CAMHS we help children who are worried or upset about something or who are having a problem with things at home or at school or in their family.

Here is a space for you to write down any questions or worries that you may have.
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.

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.
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 it's 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.

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.

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