

A Guide to CAMHS: Help for Your Feelings

This guide is for children and young people. If you are feeling sad, scared, or overwhelmed, you are not alone. There are many services here to help when things feel hard in your heart or mind.







If you feel unsafe or are in danger, please tell a trusted adult or call 999 right away.

What is CAMHS?

CAMHS (Child and Adolescent Mental Health Services) is a team that helps children and young people when they are struggling with their thoughts and feelings.






When Might I Need Help?

You might need help if you have been feeling:



-  Very sad for a long time
-  Angry or easily upset
-  Scared, panicky, or worried all the time
-  Thoughts of hurting yourself or others
-  Trouble sleeping or eating because of big feelings
-  Feeling numb, like nothing matters

Who Can Help Me First?

Before coming to CAMHS, there are other people and places that can help:

-  A teacher or trusted school adult
-  A doctor (GP)
-  Wakefield Family Hubs
-  Compass or GIPSIL services
-  Helpful apps or websites like Young Minds, The Mix
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- There are also lots of different organizations for specific needs e.g., bereavement, bullying and lots of online resources that may help you.

What Can CAMHS Help With?

-  Anxiety or panic attacks and intrusive thoughts.
-  Feeling very low or depressed

- 🤯 Thoughts of self-harm or suicide
- 🍽️ Eating problems
- 😴 Trouble with feelings or sleeping because of a traumatic experience that you have had for a while.
- 👂 Hearing or seeing things other people don't
- Exploring accessing Gender services

What Might Happen at CAMHS?

CAMHS staff will listen carefully to how you feel. They might offer:

- 🗣️ Talking therapy (like CBT)
- 👨👩👦 Family sessions, support to your parents/carers that can help you.
- 🎭 Creative therapies (art, drama, play)
- 💊 Sometimes, medicine if needed
- 👤 Help from support workers or nurses
- Support can be with you, or we have some groups you may wish to be involved in.

What If I Need Urgent Help?

If you ever feel in danger or cannot stay safe, you can:

- 📞 Call 999 (emergency)
- 📞 CAMHS ReACH Team (8am–8pm): Telephone:
- 📞 Call 111 and ask for mental health support
- 📞 Call HOPELINEUK (Papyrus): 0800 068 4141
- 📞 Call Samaritans: 116 123 (free and always open)

You are not alone. If you are struggling, it's okay to ask for help. There are people who care and want to support you. 💙