

This appointment is about you and no one knows you better than you do! Sometimes it's hard to talk about things that you're finding difficult though, so it might be helpful to have a parent or carer to help. On the other hand, some young people find it hard to talk about some things in front of their parents, so you may want to talk to us on your own. We are happy to go along with what feels most comfortable for you.



What will happen at my appointment?

We're having an appointment because you or someone close to you has noticed that something's been a bit difficult. At your appointment we'll talk things through and have a think together about the next steps that might be best for you.

We usually have our appointments over a video call, called "Near Me". This means that we can see each other, but you don't have to travel to meet one of us.



We want to give you a chance to tell your story. Sometimes what other people see is different from what someone feels on the inside. It's important for us to hear about things that are a bit tricky at the moment, but we also want to hear about things that are going well.

This is *your* appointment so we want to let you know that it's ok to:

- Ask questions
- Say if you don't understand something
- Ask for explanations
- Say if there's something specific you want to talk about
- Say if you're uncomfortable or scared talking about something
- Say you're not happy with something
- Say you need a break
- Say what matters to you

Once we have a good idea of what's been going on, we'll think about next steps. There are lots of different possible outcomes from our appointment. We'll have a think together about which is the right one for you. It's really important that we make this decision together. We might need to go and have a think or a chat to our colleagues and get back to you. Or it might be helpful for you to have some time to have a think before we make a decision too. If this is the case, we'll arrange a follow up appointment to meet again.



Do I need to do anything before my appointment?

There is a list of suggested apps and websites at:

www.nhsfife.org/camhs-choosingtherightsupport/#websites

Lots of people find these really useful. If you have a look at some of these before your appointment, it may help us figure out what kind of things work well for you. You might also find it useful to make a list of things you want to talk about and any questions you have. We've left some space on the back of this leaflet for you to use if you'd like.



After your appointment

To help us improve our service, we'd really like to hear what you thought about your appointment. We'd be really grateful if you could take a few minutes to give us feedback: www.surveymonkey.co.uk/r/pmhw_appointment

We look forward to speaking to you soon!