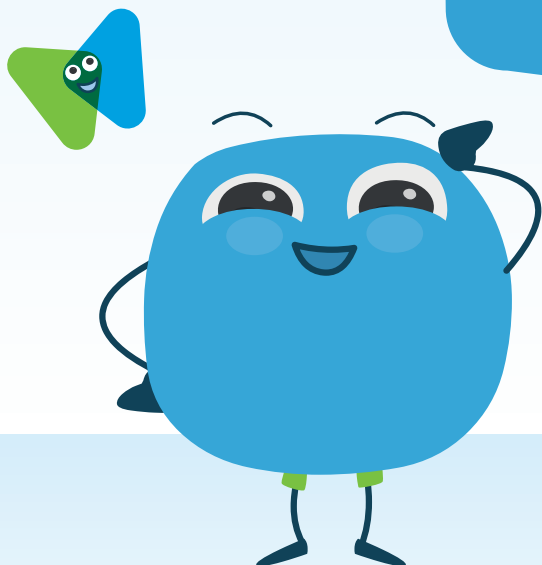


# FIFE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

Your CAMHS  
appointment



Fife Health  
& Social Care  
Partnership



# IT'S WHAT MATTERS TO YOU

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**At your appointment with CAMHS, we want you to be fully involved in the conversations and decisions. So think about what you hope to get out of your CAMHS appointment.**

This is your appointment and we want to let you know that it's OK to:

- talk about how you're feeling
- say there's something specific you want to talk about
- say if you don't understand something
- say if you're uncomfortable or scared talking about something
- ask why something is being suggested
- say you're not happy with something
- say you need a break
- bring someone with you if you need support or want help to ask questions



# IT'S OK TO ASK

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**Before your appointment, it might help to make a list of things you'd like to say and questions you want to ask, for example:**

- What can I expect from my CAMHS appointment?
- What difference will coming to CAMHS make to me?
- What if I don't feel comfortable with what is suggested?
- Is CAMHS the right service to help me, or is there another service that would suit me better?
- Can I do anything to help myself?

# GETTING THIS RIGHT FOR YOU

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In CAMHS we want to make sure we are getting this right for you. To help us improve our service, we'd really like to hear what you think about your CAMHS appointments. After your appointment, we'd be really grateful if you could take a few minutes to give us feedback:

[www.nhsfife.org/camhs-telluswhatyouthink](http://www.nhsfife.org/camhs-telluswhatyouthink)



# MORE INFORMATION

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**CAMHS is a specialist service, and is one of the many services that provide support for the mental health and wellbeing of children and young people in Fife.**

For more information about CAMHS, and other services in Fife, please go to: [www.nhsfife.org/camhs](http://www.nhsfife.org/camhs)

You can use this space to make notes before or during your appointment:

We look forward to speaking to you soon

