

GETTING IT RIGHT FOR YOU



It's important to us that we give you the best care that we can. To help us do that, we really want to know what you think about our service.

If you would like to tell us what you thought of your appointment, please let us know by scanning this QR code or going to the link below. You can ask an adult to help you if you like.



www.nhsfife.org/camhs-telluswhatyouthink

MORE INFORMATION

To find out more about CAMHS and to check out our Q&A page, please go to:

www.nhsfife.org/camhs



If you need this information in a different language or format such as Braille, audio, or large print, please contact the Equality and Human Rights Team at fife.EqualityandHumanRights@nhs.scot or call 01592 729130.

You can also contact the team through the NHS Fife SMS text service at 07805800005 or call using ContactScotlandBSL if you are a BSL user.



FIFE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)



YOUR OPINION MATTERS TO US

It's really important that you get to talk about what is important to you, if you want to. It can sometimes feel a bit scary to tell new people what you think. You might want to tell an adult that you trust some of the questions or worries that you have before you come to your appointment.

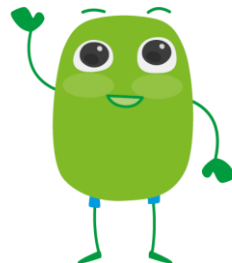
WHAT WILL HAPPEN AT MY APPOINTMENT?

Your first appointment with a CAMHS clinician is a good chance for you to meet them and see where they work. We might ask some questions from you or your trusted adult who comes with you. It's ok if you don't want to speak in the first session.

Your CAMHS clinician will try to make sure you feel as comfortable as possible during the appointment, and will tell you what will happen in the session when you come in.

Most appointments are about an hour long, but can be longer or shorter depending what feels best for you. There will be toys, games and colouring in for you to use if you would like to (even the grown ups like these!).

We're really looking
forward to meeting you!



IN YOUR APPOINTMENT, IT'S OK TO:

- say how you feel
- talk about things you want to talk about (and not talk if you don't want to)
- say if something doesn't make sense or is confusing
- ask questions
- ask for a break
- bring someone with you that you trust
- bring your favourite toy to show us!

AND IT'S OK TO ASK!

Before you come to see us, it might be helpful to make a list of things you want to know - you can ask your trusted adult to help you with this. For example:

- what does CAMHS do?
- what will happen when we meet?
- will I be able to say what I want to happen?
- how will you help me?

You can make notes before or during your appointment here: