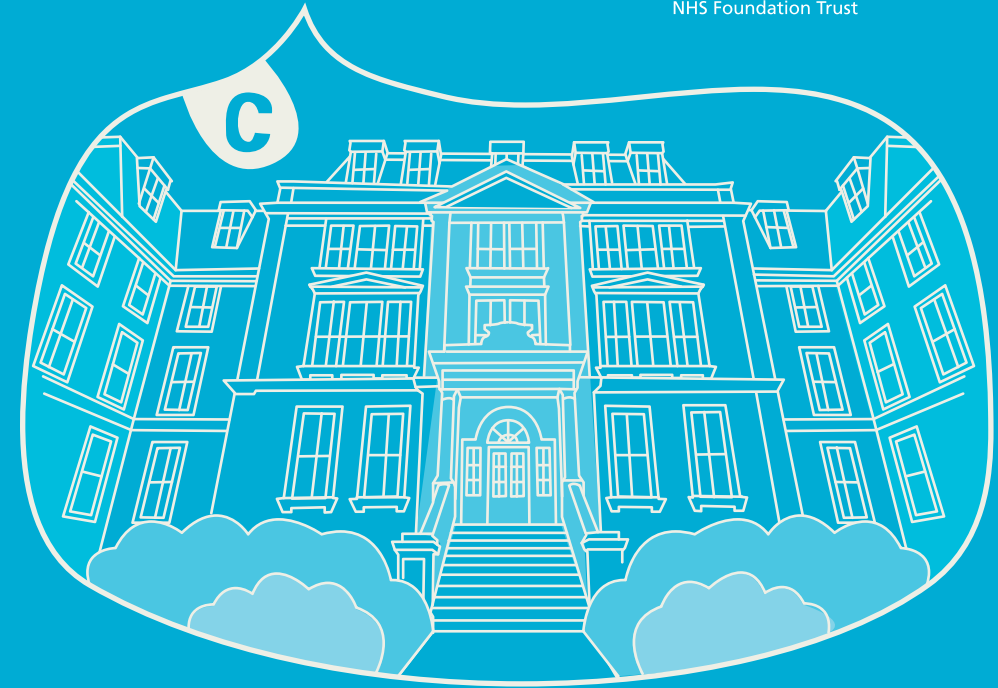




HOW DO WE GET TO CENTENARY HOUSE?



There is limited parking available in the Centenary House car park, and on-street parking available nearby.

BUS ROUTES

From City Centre: 17a, 35, 36, 37, 57, 81, 82, 84, 85, 85a

TRAMS

Infirmary Road stop on Yellow or Blue lines.

If you receive certain benefits you may be able to claim back your travel costs. Please ask when you come for your appointment.

For more information on any of these questions, please visit our website:

www.sheffieldchildrens.nhs.uk/our-services/camhs

Centenary Community CAMHS,
Centenary House,
Heritage Park,
55 Albert Terrace Road,
Sheffield, S6 3BR

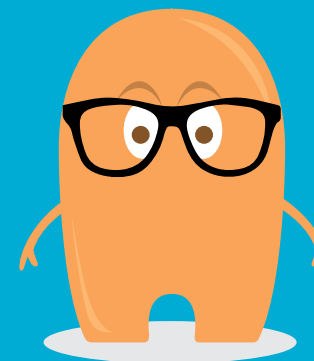
Telephone: 0114 226 2348



www.epicfriends.co.uk

CENTENARY COMMUNITY CAMHS

**Child and Adolescent
Mental Health services**





KNOW YOUR RIGHTS

- We can arrange for an interpreter if you or your family need one
- Let us know if you want or need information in a certain way and we will try to do this
- We will discuss with you who we share information with

If you have any complaints or feedback please let us know so we can do our best to put things right:

- We have a comments box in our waiting room
- You can write to: Chief Executive, Sheffield Children's NHS Foundation Trust, Western Bank, Sheffield, S10 2TH.
- Or you can speak to our Patient Advice and Liaison Service on 0114 271 7594.

CONFIDENTIALITY MYTHS AND FACTS

MYTHS

My parents will find out everything I tell you.

If I tell you something bad you'll tell other services.

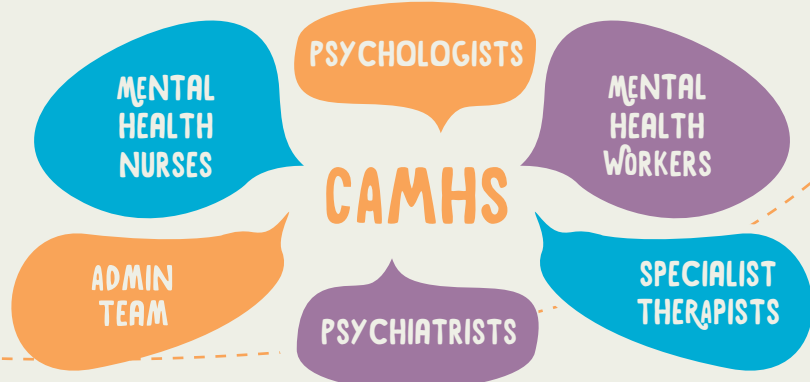
FACTS

We **don't** have to tell your parents everything. You can talk to us **on your own** and we can discuss what you're happy to share with them. Your parents can also talk to us on their own.

We only share things you tell us with people outside of this service if we're **really worried** about your safety or the safety of someone else. We will always try and **talk to you first** if this happens.

WHO WORKS IN OUR TEAM?

Our team is made up of lots of different professionals with experience in helping families.



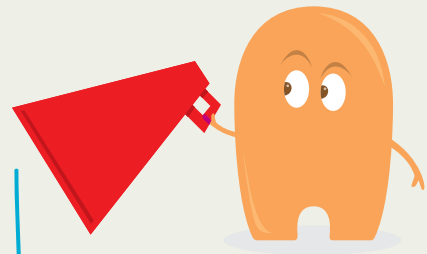
WHAT IS CAMHS?

CAMHS stands for Child and Adolescent Mental Health Service. Coming to CAMHS doesn't mean you're "mental"! We work with children, young people and their families when they're experiencing problems with their emotions, thoughts or behaviour.

WHAT CAN WE HELP WITH?

Some of the problems we help with include:

- Anxiety (worries) and fears
- Unhappy and lonely feelings that won't go away
- ADHD and concentration problems
- Autism Spectrum Disorders
- Self-Harm
- Difficulties with eating and body image



Sometimes, families come to see us when they have been through upsetting events such as an accident, death or family break-up.

WHAT WILL HAPPEN WHEN YOU COME TO CAMHS?



First appointment – we'll meet with you and your family and talk about your worries and difficulties. We'll also talk about your strengths and what you like to do.

We'll work with you to find the best way to help you – this can sometimes take 2-3 sessions

If we think this is the right place for you, we'll match you with someone in our team and you'll work with them for a longer time

