

Supplementary Information - Child and Adolescent Mental Health Services (CAMHS)



CAMHS stands for Child and Adolescent Mental Health Services. CAMHS are the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, to name a few.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, support workers and social workers, as well as other professionals.

Most CAMHS services work with the whole family to support a young person's health.

This might include coming along to assessment and treatment appointments, depending on the child's age and what level of involvement they want.

Suggested Further Reading

A beginner's guide to the NHS's Child and Adolescent Mental Health Services (CAMHS) for young people and parents.

<https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>

Child and Adolescent Mental Health Services (CAMHS)

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

CAMHS Information for Children and Young People

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/camhs-information-for-children-and-young-people/>

Self Harm in the Over 8's : Short Term Management and Prevention of Recurrence [CG16] (2004) NICE

<https://www.nice.org.uk/guidance/cg16>

This guideline covers the short-term management and prevention of self-harm in people aged 8 and over, regardless of whether accompanied by mental illness. It covers the first 48 hours following an act of self-harm, but does not address the longer-term psychiatric care of people who self-harm.

Policy Implementation Guidance: Addressing Mental Health Problems of Children and Young People in the Youth Justice System. 2022. Welsh Assembly Government.

<https://www.gov.uk/government/publications/joint-guidance-on-mental-health-in-the-youth-justice-system>