

Self re-referrals

For 16-17 year olds

Leaving CAMHS

What happens next?

Your journey at CAMHS is coming to an end. We hope that you have found your time with us helpful. Before you leave, your clinician will talk with you about the strategies that you have found most useful in getting better.

They will also discuss with you how to stay well. This will be recorded on your discharge plan which will be given to you to take away and use when you need to. If after following the strategies, you are worried that your symptoms are returning, you can contact us.

What if you feel that your symptoms are returning?

If you feel that your symptoms are returning, contact the Common Point of Entry team in the first instance. You'll need to give your name and contact details and let us know why you need more help.

- Call 0300 365 1234
- Email bks-tr.hub@nhs.net
- Or fill out the form on the website <https://forms.berkshirehealthcare.nhs.uk/cypf>

What will happen?

Someone from the CYPF Hub will contact you within five working days to talk you through any worries you have and how to overcome them. They will then let us know that you have called and would like to come back to us for support. Sometimes talking on the phone will be all the help you need. However, if you need to come back to CAMHS for further sessions we will arrange this for you.

If you are in a crisis and need someone to talk to...

- Contact **The Samaritans** 24 hour confidential listening service with anything that is on your mind, by calling 116 123 or emailing jo@samaritans.org
- Call **Childline** at any time on 0800 1111 to speak to a counsellor; calls are free and confidential.

What if it is an emergency?

We do not offer an emergency service. If you feel you need immediate and urgent help, please follow the steps outlined on your relapse plan, which will include the following:

- Contact your GP
- Dial 111 to contact your GP out of hours service Westcall NHS
- Go to A&E

How to contact us

If you need to contact us or require further information...

Phone: **0300 365 1234**

Email: ourservice@berkshire.nhs.uk



<https://cypf.berkshirehealthcare.nhs.uk>