

CAMHS consent: information for parents

Consent to treatment and sharing of information

Consent and your treatment

When receiving professional help, young people should be involved as much as possible in the planning of their care and treatment and should be encouraged to work with others who can support them in this process. Parents and those caring for the child or young person will, in most cases, play a valuable part in the treatment.

It is good practice to ask the young person's consent to their treatment plan. If the young person is over 16 years of age then the law assumes they have capacity to choose whether to consent to their treatment, unless it is known that they would not be capable of doing so. If the young person's ability to decide about their treatment is impaired by their mental health difficulty, they do not have capacity to consent, then parents and professionals are responsible for making these decisions in the young person's best interests.

If the child is under 16 years of age then the law says they can make their own decisions about their treatment if they can understand the treatment they will receive, then they are considered competent to do so.

In our Service, the involvement of parents, family members and carers in the young person's treatment will be encouraged unless there are reasons why this should not happen. In circumstances such as this you would be fully informed as to the reasons.

As with adults, children and young people have a right to confidentiality, if they are not placing themselves or others at risk of harm. Where children are competent, and young people have the capacity to make decisions about their care, they are also entitled to request who they wish to involve in their treatment within their support network. This may include agreeing on the use, sharing of and disclosure of information they have provided in confidence. The clinician will explore with the young person what information the parents/carers may "need to know" and identify areas of information they feel comfortable sharing. Alternative ways of sharing and working collaboratively with parents would always be considered.

How to contact us

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

Phone: **0330 365 1234**

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