

# What to expect from **Your First** appointment

## Children, Young People and Families

### Your first appointment

Many people don't know what to expect from their first appointment and this can make them feel anxious. In this leaflet, we hope to relieve some of that anxiety.

### What do I need to do before my appointment?

#### Fill in a questionnaire

We will send you and your parent some questionnaires to be filled out. Please complete these and either send them back to us beforehand or bring them along to your appointment. We will talk through these questionnaires and answer any of your questions when we meet.

#### Decide if your session can be recorded

To help with our learning we will also ask you if you are happy for their sessions to be recorded. We will send you a form about this which you can read before the appointment if you wish. We will set aside some time at the beginning of the appointment to talk about this. Please note that it is absolutely fine if you do not wish your session to be recorded.

There is nothing else that you are expected to do or prepare before coming to your appointment.

## What happens during my appointment?

The appointment will usually last around one to one and a half hours. During the appointment we will work together to understand you and your strengths and difficulties, so that we can find a way to help you with those difficulties. We will also ask you questions about your safety, as our top priority is to keep you safe and well.

We normally want to meet with you and your parent or carer at this appointment as it is really helpful for us to all work together and to understand any difficulties from everybody's point of view. If you are attending your appointments on your own, without your parent or carer, it may be helpful to bring along someone you trust, to help you feel more comfortable.

If you are attending on your own, we won't automatically share information with your parent or carer, though information regarding your safety may be shared on a need-to-know basis. We will not share any of the information we discuss without your consent, unless we are worried about harm coming to you or someone else, in which case we may have to speak to people outside of our team or to your parents/carers.

## What happens after my appointment?

At the end of the appointment we will have a clearer understanding of you and your strengths and difficulties. Based on this, we will come up with a plan with you of what to do next. This might involve offering you:

- 6 – 8 appointments where we work together on guided self-help
- 6 – 8 appointments where we work with your parent or carer to support you
- A referral to a more appropriate service

## Information for parents and carers

If you are a parent or carer it might be helpful to explain to your child/young person that the appointment is about working together to develop ways to help them. You know your child best, so we would encourage you to try and create a calm and relaxing atmosphere around attending the initial and subsequent sessions.

### How to contact us

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

Contact: **CAMHS Getting Help/MHST**

Telephone: **0300 247 3002**

Email: **[CAMHSGettingHelpEast@berkshire.nhs.uk](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk)**

Website: **[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)**

