

choose

South Tyneside **NHS**
NHS Foundation Trust

A guide for parents, relatives and carers

Where we are based

Emotional Wellbeing Team

Grassbanks Sector Base

Grassbanks

GATESHEAD

NE10 8DX

Tel: 0191 283 4560

Fax: 0191 404 1306

Our core hours are 9am-5pm Monday to Friday
(excluding Bank Holidays)

We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this leaflet please contact on telephone numbers above.

Production date: July 2016
Code: 0716/431

Author: CAMHS Gateshead
Review date: July 2019

Emotional Wellbeing Team Gateshead CAMHS



Providing a range of NHS services in
Gateshead, South Tyneside and Sunderland.

The Emotional Wellbeing Team – Gateshead Child and Adolescent Mental Health Service (CAMHS) is a team of professionals who offer support and advice to aid mental health promotion and positive wellbeing.

We work with children and young people between 4 and 18 years of age who may be showing signs of behavioural difficulties and/or emotional distress.

Difficulties we may be able to help with include:-

- Worries and anxieties
- Low mood
- Controlling anger
- Bereavement and loss
- Bullying
- Eating disorders
- Self-harming
- Relationship problems

We hope we can help you with these difficulties in the early stages. We will help your children to develop skills and build their resilience to enable a quick recovery reducing the risk of further distress.

We have excellent links with schools, GPs, health visitors, school nurses and other specialist services, so we can work with them and make sure your child's treatment continues wherever they are.

Confidentiality

We will share as much as we can about your child's difficulties and treatment. However, your child may tell us something in confidence and we will not tell anyone without their permission unless it is an illegal or harmful situation.

What can we do for you?

Support – We offer advice and guidance about your child and the difficulties they may be having.

We can also help co-ordinate your child's care if several other professionals are involved.

Assessment – of your child's needs and difficulties so we can all get a clear understanding. This means we can make the right decisions about what happens next.

Groupwork – We can offer sessions for children and young people to allow them to explore their thoughts and feelings with other children who are having similar difficulties.

We also have groups for parents and carers for support and practical advice.

Individual work – we can offer individual work on a short term basis, so your child can work through the difficulties they may be having with a member of our team.

When can you refer to us?

You can request a referral to our team if your child, or someone you are looking after, is struggling with their behaviour or emotional wellbeing.

How do you refer to us?

Please complete a referral form or contact your GP, health visitor, school nurse or speak to your child's school. Anyone can make a referral into our service, please telephone for more information.

If we feel that your child would benefit from a service which is provided by a different agency, we may suggest that a referral is made to that service.