Advocate Giving a child or young person support to have their say.

AMS Adult Mental Health Service.

Assessment The first meeting with CAMHS where the team listen to you and

decide the best way to help.

Attachment The emotional link between a baby and her parent/caregiver which

helps to develop behaviours that a baby displays to get and stay close to her caregiver. This forms the basis for future relationships with

peers and adults outside the family.

CAMHS Child and Adolescent Mental Health Service: promotes emotional

wellbeing and delivers preventative services and treatment to

children and young people with mental health problems

CAMHS Community

Nurse

A Nurse with additional knowledge of mental health who works with school age children mental health difficulties in school, in the family

homes or in the community.

CAMHS Social

Worker

A social worker with additional mental health training and experience who is interested in how a family works and how this affects a child

or young person growing up. They work with the child and their family to help keep them safe and to keep the family together.

Carer A carer is anybody who looks after a family member, partner or

friend who needs help because of their illness, frailty or disability. All

the care they give is unpaid.

CBT Cognitive behavioural therapy (CBT) is a type of therapy that aims to

help you manage your problems by changing how you think and act.

Child and

Adolescent

Psychiatrist

A doctor who specially trained to work with children and young people with mental health problems. They identify the problem and

may prescribe medicines for the child or young person if necessary.

Clinic The building where a CAMHS consultation or treatment sessions

would usually take place.

Clinical nurse

specialist

A trained nurse who has a special interest in your thoughts and feelings. They can also help cope with the physical effects of mental

health problems.

Clinical psychologist

People who are trained to help children and young people understand the links between their thoughts, feeling and behaviour. They may suggest things for individuals to try to help you cope with difficult feelings. They may use games and puzzles to help find out what the child or young person is best at, to help them at school and home.

Confidentiality

This is about how personal or sensitive information is treated and respected: There are rules about sharing information and people should only be told what they need to know about a child or young person so that they can be helped appropriately and kept safe.

Consent

This means saying yes to something that affects you. Informed consent means that you fully understand what you are agreeing to.

Consultation

This describes a system for CAMHS to provide information, advice, guidance and strategies to other professionals such as school staff and teachers.

Counsellor

Professionals who help you explore feelings about your life so that you can reflect about what is happening and find different ways of doing things.

Data protection

The Data Protection Act (1998) is a law that was developed to give protection and lay down rules about how data about people can be used. It covers information or data stored in a computer or an organised paper filing system about living people.

Discharge

When you officially leave CAMHS.

Early intervention

A way of picking up the early signs of a problem so that help, support or intervention can be given before the problem gets worse.

Family therapist

A professional who works with the whole family. They help families to think about changes they can make so everyone gets on better.

Information sensitivity

This is about control of information or knowledge that might result in loss of an advantage that one service may have over another if it was shared (or disclosed) with others.

Intervention

Medicine (usually tablets) given to you by a doctor (usually a psychiatrist at first, may be your family doctor later) to help you to feel better or more in control of your feelings. There should be careful discussion with you and your parents/carers before medication is prescribed (given) and you should ask if you do not understand the pros and cons of taking the medication.

Learning disabilities

If someone has a learning disability, it means that they may find it more difficult to learn, understand and communicate. Learning disabilities are not a 'mental illness' but can be caused by many illnesses or problems before or during birth, or that develop during childhood or as the result of an illness.

Multi-disciplinary team

A team of health and social care staff. It includes professionals such as nurses, doctors, social works, psychologists and other workers.

Outcomes

In social care, an 'outcome' refers to an aim or objective you would like to achieve or need to happen. Outcomes can also be used to describe what should happen as a result of a service being delivered to a child or young person. These can be used to see if a service is being effective and making a difference to the young person's life or experience.

Outputs

Outputs are all the detailed services and tangible products delivered by a service. Output indicators are used to measure to what extent an organisation (or service) has delivered your services and what activities have been inv9olved in doing this.

Play therapy

Helps children understand muddled feelings and upsetting events that they haven't had the chance to sort out properly. Rather than having to explain what it is troubling them, children use play to communicate.

Primary Mental Health Workers

Specialist mental health professionals who mostly work by offering advice and support to people supporting children and young people with mild to moderate mental health difficulties, like teachers. They can visit children and young people at their home, go to meetings at the child's school or another community venue like a youth club.

Psychotherapist

Professionals who offer longer and more in depth therapy to work through your feelings and what may be behind them.

Referral

This describes the way that someone you know (maybe a teacher, school nurse, social worker or GP), contacting CAMHS if they are worked about a child or young person, and setting up an appointment. This usually means they will write a letter to CAMHS explaining the reasons why they think it would be helpful for CAMHS to offer you an appointment.

Service user

Someone who uses mental health services, or has done so in the past. Also sometimes referred to as clients or patients.

Signposting

Pointing people in the direction of information that they should find useful.

Social worker

A professional who works with individual people and families to help improve their lives by arranging to put in place the things they need. This includes helping to protect adults and children from harm or abuse, and supporting people to live independently. Social workers support people and help them find the services they need. They may have a role as a care manager, arranging care for service users. Many are employed by councils in children's or adult social care teams.

Talking therapy/ treatment

A general term for treatments which involve talking in individual or group sessions with a trained mental health professional.

Voluntary Organisations

Organisations which are independent of the Government and local council's organisations. Their job is to the benefit the people they serve, not to make a profit. The people who work for voluntary organisations are not necessarily volunteers- many will be paid for the work they do.

Wellbeing

Being in a position where you have good physical and mental health, control over your day-to-day life, good relationships, enough money, and the opportunity to take part in the activities that interest you.