

# Calderdale Open Minds (CAMHS)

## IMPORTANT INFORMATION FOR YOUNG PEOPLE AND PARENTS/CARERS

Calderdale Open Minds (Child & Adolescent Mental Health Service) and the Open Minds First Point of Contact is commissioned by Calderdale Clinical Commissioning Group (CCG) and Calderdale Council.

The service is provided by two organisations who work in partnership; Northpoint Wellbeing which is a registered charity (no. 1057908) and South & West Yorkshire Partnership NHS Foundation Trust.

For more information see  
[www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk) and [www.openmindscalderdale.org.uk/](http://www.openmindscalderdale.org.uk/)

01422 300 001  
[firstpointofcontact@calderdalecamhs.org.uk](mailto:firstpointofcontact@calderdalecamhs.org.uk)

### What is Calderdale Open Minds (CAMHS)?

Open Minds is the new name for CAMHS (Child & Adolescent Mental Health Service). We work with partners to help children and young people to improve their mental health. We also work with parents/carers and professionals such as teachers.

### Who provides Open Minds?

Open Minds is provided by Northpoint Wellbeing (a local charity) and South West Yorkshire Partnership NHS Trust. Northpoint are accredited and meet the standards required to provide NHS Services. All referrals are made into the First Point of Contact which is run by Northpoint.

### Why might I be offered support with Open Minds?

You might be offered support if you have asked for some help, or if someone else thinks you could benefit from some support. You, your parent/carer and any professionals working with you can make a referral.

### What type of support does Open Minds offer?

We can help in different ways. Our support might include:

- 1:1 sessions with a practitioner who will listen and work with you.
- An on-line self-help programme called Silvercloud. One of our team will check-in on-line every week to support you to use it.
- Access to self-help resources.
- Support to access another service that can meet your needs.
- Group support or sessions with whole classes/year groups.
- We may also offer to help your parents/carers or key staff so that they are better able to support you.

### What will happen next?

Once we receive a referral we get in touch and discuss what support you might need. This might include one of the options listed above. We may invite you to a 'Choice' appointment where we will agree a plan with you.

Many young people find they benefit from a short intervention (usually up to 6 weekly sessions). If you need a longer intervention we will discuss this with you.

### Will I need to wait?

We try to keep waiting times short, and some of our support can be accessed straight away. If you need an appointment, we'll book it in for the earliest date possible and suggest some helpful websites to look at while you wait such as [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

### Where will my sessions take place?

Sessions usually take place in a confidential space in a community venue, school or Open Minds office. Support may also happen by phone / video.

### Do I have to attend?

You can choose whether to come. However, you will need to attend regularly to benefit from the support. If you don't attend we will assume you no longer need our help and we will bring the work to an end.

Please remember to tell us about any holidays or other plans. Missed appointments count as part of the agreed number of sessions.

### What information do you keep about me?

We take great care with the personal information you share with us and we keep it safe. There is a separate leaflet that tells you more about this.

### Who else will know I am getting support?

Your parents/carers will usually know we are supporting you (unless you don't want them to know and you are old enough to decide this). We will also let other key people know such as your school, your GP and other professionals who are directly involved in supporting you and your family.

We will also write a letter at the end of your sessions. This will be sent to you, your referrer, your school, and your GP. It will say how long we worked with you, what you achieved, and what will happen next.

### What if I have questions or concerns?

It is important you are happy with the support you receive. Please let us know if this is not the case. You can talk to your practitioner, a member of staff at school, or your parent/carer. You can also contact us by phone on 01422 300 001 or e-mail [firstpointofcontact@calderdalecamhs.org.uk](mailto:firstpointofcontact@calderdalecamhs.org.uk)