

Feedback

We like when young people tell us what they think about our service. We have white boxes in our waiting rooms to put your feedback in.



You or your parent/carer can also:

- Talking to any member of HSE staff
- Email to yoursay@hse.ie
- Call 1890 424555

For more information, on Linn Dara CAMHS visit
www.hse.ie/camhs

Other Useful Information
www.yourmentalhealth.ie

CONTACT INFORMATION

HSE CAMHS Ballyfermot Team

PHONE: 01 7956385

HSE CAMHS Clondalkin Team

PHONE: 01 7956350

HSE CAMHS Lucan Team

PHONE: 01 7956380

ADDRESS: Clover Suite, Linn Dara CAMHS Community Building, Cherry Orchard Hospital Campus, Dublin 10.

CAMHS Specialist Eating Disorder Service

PHONE: 01 7956422

EMAIL: ceds.linndaracamhs@hse.ie

ADDRESS: Buttercup Suite, Linn Dara CAMHS Community Building, Cherry Orchard Hospital Campus, Dublin 10.

Linn Dara ADMIRE Programme

PHONE: 01 7956420

ADDRESS: Lily Suite, Linn Dara CAMHS Community Building, Cherry Orchard Hospital Campus, Dublin 10.

OPENING TIMES

Monday to Friday, 09:00 – 17:00



LINN DARA CAMHS

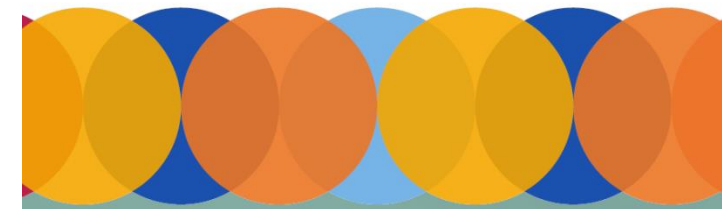


SERVICE INFORMATION FOR CHILDREN & TEENAGERS

SOUTH DUBLIN

Helping young people and their families/carers with their mental health

WWW.HSE.IE/CAMHS



Our Mental Health

When we talk about mental health, we're talking about things like:

- feeling very worried, sad or angry
- having problems with your family, friends or at school
- having problems with eating and food
- hurting yourself or want to hurt yourself
- having trouble talking or sleeping
- hearing voices or seeing things

Your parent or carer may bring you to see a doctor to get some help. The doctor might say you need to meet with CAMHS.



Who are CAMHS?



CAMHS is a mental health service for children and teenagers.

Doctors, nurses and therapists work in CAMHS. You will meet some of these people, and they will listen to you.

What will we talk about?

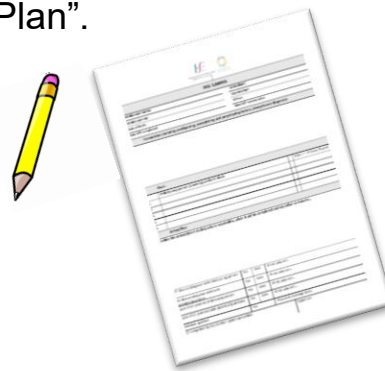
To help young people feel better we ask them and their parents or carers about:

- **What they like to do and things they are good at**
- **What they would do if they felt better**
- **What helps them to feel better**
- **What other people can do to help**



What happens next?

We will all sit together to make a plan to help your mental health, we call this a "Care Plan".



How does CAMHS help?

CAMHS teams have many ways of helping. Some include:

- Showing others how to help you
- Learning new ways of managing feelings

At times, medicines can help. A doctor will always talk to you and your parents/carers about medicines first.



Confidentiality

The things you tell us are only shared with us and your parents/carers. It is our job to make sure children are safe. If a team member is worried about your safety, we may need to talk to other people about this.