

## Further Mental Health Services

Some young people may need a greater level of specialist treatment. In Linn Dara we have additional specialist services when needed.

All our Teams work closely to provide continuous and supportive care.

Where required, we work with Adult Mental Health Services, to support young people after they reach 18 years of age.

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**Growing up is not easy, sometimes it's hard to cope with whatever life throws at you**

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## Translation Services

The CAMHS Teams can access interpreter services for young people and families.

## Your Health Service

You can contact us with any feedback or complaints by:



- talking to a member of HSE staff
- e-mail to [yoursay@hse.ie](mailto:yoursay@hse.ie)
- call 1890 424555

## CONTACT INFORMATION

### HSE CAMHS Kildare East

**PHONE: 045 873880**

**ADDRESS:** 9 Sycamore House, Millennium Park, Naas, Co. Kildare.

### HSE CAMHS Kildare South

**PHONE: 045 908580**

**ADDRESS:** HSE Kildare Primary Care Centre, Curragh Road, Kildare Town, Co. Kildare.

### HSE CAMHS Kildare West

**PHONE: 045 908585**

**ADDRESS:** HSE Kildare Primary Care Centre, Curragh Road, Kildare Town, Co. Kildare.

### HSE CAMHS Kildare North

**PHONE: 01 9214002**

**ADDRESS:** HSE Celbridge Primary Care Centre, Maynooth Road, Celbridge, Co. Kildare.

### CAMHS Specialist Eating Disorder Service

**PHONE: 01 7956422**

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

## OPENING TIMES

Monday to Friday, 09:00 – 17:00



## LINN DARA CAMHS



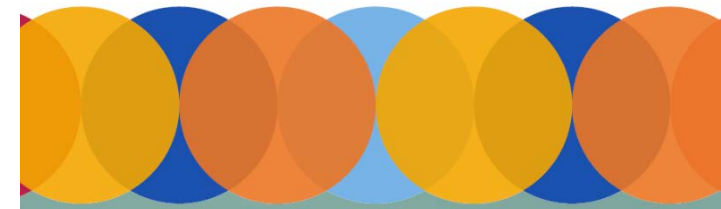
Child and Adolescent  
Mental Health Services

## SERVICE INFORMATION FOR YOUNG PEOPLE & FAMILIES KILDARE & WEST WICKLOW

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*Providing assessment and treatment for young people and their families who are experiencing moderate to severe mental health difficulties*

[WWW.HSE.IE/CAMHS](http://WWW.HSE.IE/CAMHS)



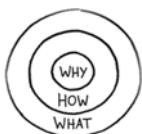
## Our Mental Health

Many people experience distress in their lives. Stress can be related to school, family life or other relationships. Sometimes mental health difficulties arise without any noticeable triggers at all. When difficulties impact on daily life, this may be a sign of a mental health problem. Most people with mental health problems can be supported by their GP and/or a community based services.

## What is CAMHS?

**Child and Adolescent Mental Health Services or CAMHS** is a specialist mental health service that provides assessment and treatment for young people up to 18 years of age, and their families. Young people who attend CAMHS experience moderate to severe mental health difficulties, such as:

- Depression
- Anxiety
- Eating disorders
- Psychosis
- ADHD



## Who work in CAMHS?

- Psychiatrists
- Psychologists
- Nurses
- Social workers
- Social care workers
- Occupational Therapists
- Speech & Language Therapists
- Dieticians

## How does someone go to CAMHS?

If a young person is experiencing a mental health difficulty they should seek support from a GP. The doctor may make a referral to CAMHS. A GP will be made aware of a referral if it is made by another professional.

## What happens next?

If the referral is appropriate for CAMHS, an assessment appointment is offered, to talk to the young person and their parent(s)/carer(s) about what's going on.

If a young person has a mental health difficulty:

- An **individual care plan** is made with a young person and their family/carer
- A **key worker** is allocated for a young person and their family/carer
- **Further appointments** are made to help work on mental health difficulties



## A Recovery Based Approach

A young person's care plan helps to set goals for recovery. A care plan looks at;

- the young person's hopes and strengths
- the mental health difficulty
- what recovery means to the young person
- interventions needed, and who will help

## How does CAMHS work with young people and families/carers?

CAMHS teams use evidence based approaches to help young people and their families/carer's, including;

- talking therapies
- speech and language therapy
- occupational therapy
- medications

Information about medicines being prescribed, and possible side-effects are discussed with young people and families.



## Confidentiality

CAMHS keep care information confidential. We have a duty to share care information with the CAMHS Team, the GP and when appropriate the referrer. We are guided by young people and families in most cases, about what information is shared. There may be times when staff are concerned about safety, and then have to share confidential information with other agencies. Staff try to seek permission first, where possible.

## Other sources of support & information

Lots of general advice and support can also be found online at [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)