

Our telephone number:

01384 324 689 - 0900-1700

Out of hours and weekend until 2000hrs

Please call:

01922 607000

Request to speak to iCAMHS

Apps you can try:

Fast Calm

Catch It

Be Okay

Helplines

Childline

Samaritans

Websites:

Kooth.com (for online counselling)

YoungMinds.co.uk

Rethink

If you feel you or your family/ carer cannot keep safe please attend A&E.



ICAMHS will help you in many ways, we will plan your care with you, these plans will support you so that you are safe at home and at school .

ICAMHS will also ensure our work with you is ' recovery and family focused '.

This means we will work together with your family/ carer throughout the crisis phase of your illness.



iCamhs

Intensive Camhs





iCAMHS is part of the CAMHS team.

The team can offer you longer term support and therapy

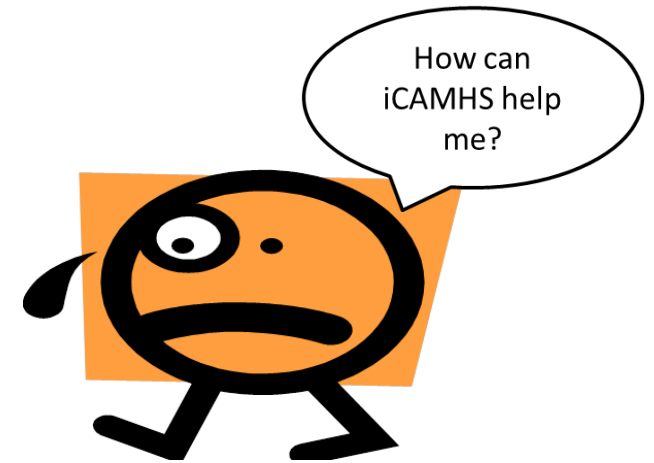
iCAMHS may refer you to these services once you feel better and are out of crisis



What is Crisis Mental Health?

Crisis when you are mentally unwell, means that your mental health is impacting on how you think, feel and your day to day living

Being in crisis may also mean you are unable to keep yourself safe, you may be experiencing thoughts to end your life or self harm, and you will need intensive support to help you feel better and stay safe.



iCAMHS will work intensively with you and your family so that you can manage how you think and feel, in a way that keeps you safe.

Our aim is to prevent you going into hospital by helping you get better at home , over a short period of time, so you can recover quicker with support from your family.

iCAMHS work 8am until 8pm, seven days a week so we can visit you at home or at school.