



# CAMHS

Child and Adolescent Mental Health Service

**Andrew Lang Unit  
Viewfield Lane  
Selkirk  
TD7 4LJ**

## **What is CAMHS?**

We are a team working together to help children and young people with Mental Health difficulties or complex behavioural problems. We also work with children who have significant developmental delay or an intellectual disability (with or without autism).

Our team is made up of Psychologists, Psychiatrists, Community Mental Health Nurses, Nurses, Clinical Associate in Applied Psychology, Speech & Language Therapists, Dieticians and Health Care Support Workers. We also have administration staff who support clinicians.

## **Who can be referred to us?**

Children and young people (0-18yrs) are referred to CAMHS if there are significant concerns about their mental health or wellbeing and when their difficulties are significantly impacting upon their day-to-day life. Referrals can *only* be made via your General Practitioner (GP), School Nurse, Health Visitor, Social Worker, Paediatrics at BGH, Occupational Therapy, Speech and Language Therapy, Educational Psychology, Crisis Team. Schools can refer for neurodevelopmental assessments only, at this time. Referrals *cannot* be made direct to us by families

## **What if I need assistance at my appointment?**

If you have any significant learning disability, physical or language impairment, complex needs or require a translator or require disabled access that would make a standard clinic appointment inappropriate, please inform your referrer so they can add this information to your referral or contact us directly at CAMHS, and we can make appropriate arrangements.

## **What happens when we get the referral?**

Referrals are discussed by clinicians at our weekly team meeting.

If we agree the referral is appropriate for us, you will be added to our waiting list and receive a letter to inform you of this, and a copy will be sent to your referrer.

If we decide we are not the right people to work with you and your child, we will write to the referrer and copy yourself into the letter, telling you this and where appropriate we will signpost you to another appropriate service(s).

## **What happens if we decide you should be accepted on to our waiting list?**

You will be added to our waiting list. There may be a considerable wait, but we are working hard to improve this. When your name reaches near the top of our waiting list you will receive a new patient appointment.

It is important that you advise us of any changes to your address, contact number(s) during your time on our waiting list to ensure all correspondence goes to the correct address.

## **What happens if problems get worse while on the waiting list?**

If things start to get worse, then you need to go back to the person that referred you to us or if it was a school who referred you, then you need to go to your GP. If necessary, they will be able to contact CAMHS and update us with the extra information for us to assess whether you are required to be seen with more urgency or we may provide advice back to the referrer.

## **What will happen at my first appointment?**

Your first appointment will be at the Andrew Lang Unit in Selkirk. We will make you feel as comfortable as possible when you visit our service, taking things at a pace that feels right for you.

You will meet with a member of the CAMHS team, possibly two, who will do an assessment. This means they will ask you questions that will help them to understand your current situation.

We will usually see you with your parent/carers or by yourself. If you are under 16, it's helpful for your family or carers to be involved in your journey. There will always be an opportunity for you to speak to your CAMHS worker on your own at future appointments.

We may: -

- Talk about your concerns and what difficulties you are experiencing.
- Talk about what life has been like so far for you.
- Explain our service to you.
- Think about whether we are the best service to help you.
- Come to an agreed plan between us.

## **What happens next?**

You will be added to a list to be allocated to the appropriate clinician. This may take some time but as soon as the clinician is able to see you, we will contact you to make an appointment.

We work closely with families, carers, schools, and other professionals. We believe that it is important to work with everyone involved in a joined-up way. If for any reason

you do not wish for information be shared with a particular party, please advise us of this.

How often we see you will depend on the nature of the difficulty and what intervention is required. We may see you every few weeks and, in some cases, we may work more intensively for a short period of time.

## **What if I need to cancel an appointment?**

If you need to cancel any appointment, please let us know as soon as possible so that we can give the appointment to someone else. Contact information is provided at the end of the leaflet.

If you do not attend an appointment and do not let us know, we will send you another appointment. However, if you continually do not attend appointments, we may discharge you from our service.

## **Confidentiality and consent**

All referrals and discussions are treated as confidential. Very occasionally, if you or someone else is at risk, we may need to inform other professionals, but we may discuss this with you at the time.

If there are concerns about a child's safety, we have to report these. There are child protection guidelines used by health, social work, education and the police and we have to follow those guidelines.

Services also collect figures and statistics. This is called audit and evaluation and helps us find out whether a service is working well. This information is made anonymous when it is collected. This means no one knows who the patients were. Therefore, we don't generally seek permission if we use any of your information in this way. We may sometimes have a student in the appointment, but they are bound by the same confidentiality guidelines as

regular staff.

## How to contact us

CAMHS NHS Borders

Andrew Lang Unit

Viewfield Lane

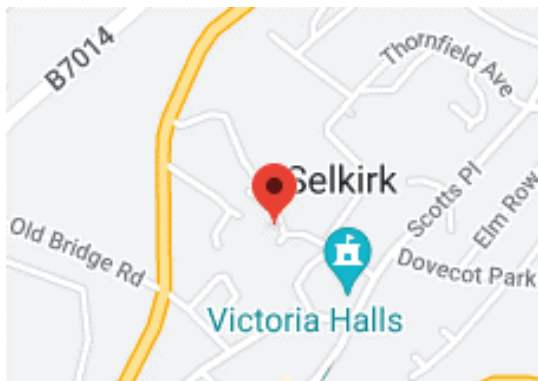
Selkirk

TD7 4LJ

Tel: 01750 23715

Email : [Camhs.secretaries@borders.scot.nhs.uk](mailto:Camhs.secretaries@borders.scot.nhs.uk)

Our working hours are Monday to Friday 9am – 5pm and we are closed on Public Holidays.



## Are there other resources available to me while I await assessment?

There are many different resources available. We have provided ones we would recommend.



## [Parent & carer support | Salvesen Mindroom Centre](#)

Their team of Family Advice and Outreach Specialists will listen to the difficulties you are experiencing and will support you to work through these challenges.



## **BANG (Borders Additional Needs Group)**

0-24 years old

BANG is an outreach service for parents, young carers and disabled children with rare, complex and additional needs. Membership is free and open to any family living in the Scottish Borders with a child post or pre-diagnosis from the ages of 0-24. Our meetings and activities are for the whole family unit; parents, carers, siblings and grandparents.

<https://www.facebook.com/BordersAdditionalNeedsGroup/>



## Meeting of Minds

A voluntary parent led support group, supporting households living with additional support needs.

<https://www.facebook.com/meetingofmindsscot/>



## The Learning Space

Offer learning and development experiences for young people who are experiencing barriers, difficulties, and challenges academically, socially and emotionally and support their mental wellbeing, development and growth.

Phone: 07899 841246





## Borders Carers Centre

Offer support to Young Adult Carers (aged 18-25 years) to access Carers Support Plan and mental health support, advice and advocacy. They also source 'time out' opportunities where required.

Phone: 01896 752431, Email: [admin@borderscarers.co.uk](mailto:admin@borderscarers.co.uk)

18 – 25 years



## Mencap

Mencap work with:

- Individuals by listening to people with a learning disability to support them to fight for their rights and to realise their hopes and dreams.
- People supporting them with information and advice for all areas of their lives.

General switchboard on [020 7454 0454](tel:02074540454) 9am to 5pm,  
Monday to Friday



## Sleep Scotland

Sleep Scotland work with professionals, families and employers to promote healthy sleep for everyone. They provide work with professionals, families and employers to promote healthy sleep for everyone.

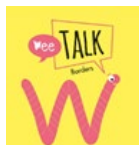
Email: [sleepsupport@sleepscotland.org](mailto:sleepsupport@sleepscotland.org) – email to arrange a call from a sleep advisor.



## Occupational Therapy Service

A page to allow sharing and promotion of Occupational Therapy information within the Scottish Borders, specific to children and young people.

<https://www.facebook.com/CYPOTNHSBorders/>



## Wee Talk Borders

NHS Borders Children's Speech and Language Therapy Services with ideas for activities and resources.

<https://www.facebook.com/weetalkBorders/>



## CHAD

The CHAD team is part of SBC and work with:

- Children or young people who have complex needs and an ensuring disability and/ or chronic health/ life limiting condition, which has a substantial impact on their wellbeing and that of their family and
  - Education, Health and Social work services are required to maintain the child or young person safely within their family and community.
- Call 01896 662787 to make a referral.



## Quarriers

Tier 2 resilience for wellbeing service which focuses on prevention and early intervention to aid and improve mental health.

Can be accessed through school, GP or self-referral form found on the service website.

Call 01896 668 411

Text 079379 86558

or email [borders@quarriers.org.uk](mailto:borders@quarriers.org.uk)

**Please contact the service for a copy of this information in another language, Braille, large print or BSL DVD**

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