

# Parent's Newsletter

October 2020

## Children and Young People's Mental Health Services (CAMHS) in school

### About us

You may or may not have heard of the Children and Young People's Mental Health Service – CAMHS for short - but we work across Doncaster to support young people with their mental health and wellbeing. CAMHS is made up of different teams who offer a range of support for different needs.

We work directly with schools' staff and young people and offer support to all of the schools in Doncaster

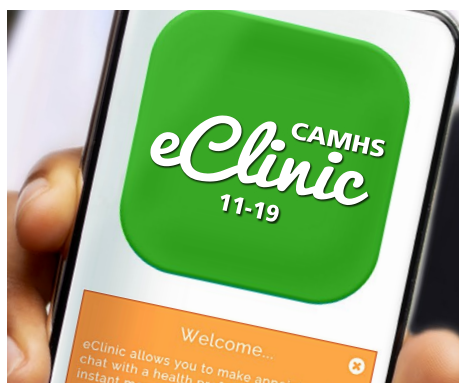
Support is simply accessed through school. So if you have any concerns about a young person's mental health or wellbeing all you need to do is speak to the school staff who will talk to us. It really is that easy!

We also provide training to professionals about mental health and wellbeing and run workshops and groups directly with young people in school. If there is anything you would like to see in your school please get in touch! We would love to hear your ideas.

## Acronyms

In health we often use a lot of acronyms, which can be confusing. Here are some of the common ones you may come across:

- CAMHS** – Children and Young People's Mental Health Service
- WMIM** – With Me in Mind. A team who also offer support to some schools in Doncaster
- ADHD** – Attention Deficit Hyperactivity Disorder
- ASD** – Autistic Spectrum Disorder
- TAC** – Team Around the Child. How we protect and safeguard children
- CIN** – Child in Need. How we protect and safeguard children
- CP** – Child Protection
- CBT** – Cognitive Behavioural Therapy. A treatment used for mental health needs and wellbeing
- SEMH** – Social Emotional and Mental Health



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.

Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



**WITH  
ME  
MIND**

Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

Follow us on:



@doncastercamhsnhs

# Back to school

It has definitely been a time of mixed emotions for everyone due to the Coronavirus outbreak and we know that there will have been some of worries and apprehensions about the changes in school but this is absolutely normal. Helping our young people to focus on the things in their control and letting go of the things they can't will help them become more resilient.

The worry tree is a tool we often use with young people to help them identify their worries and begin to put plans in place to manage them.

# Worry Tree

