

"Difficult roads
often lead
to beautiful
destinations"

This information leaflet is to help young adults who are moving onto Adult Mental Health Services (AMHS) from Child and Adolescent Mental Health Services (CAMHS) It has been developed by Cumbria Care Leavers Forum.

It has come about because young adults can feel confused about what questions they can and should ask when seeing a practitioner.

1 notice 1 thing you can Taste

2 notice 2 things you can Smell

3 notice 3 things you can Hear

4 notice 4 things you can Touch

5 notice 5 things you can See

Grounding Strategy

Cumbria County Council



Services you can self refer to:

- First Step
- SAFA call 01229 832269. Referral forms are on the website.
- Qwell is an online counselling service.
- Carlisle Eden Mind, The Lighthouse (a drop in open 6pm-11:30pm) call 0300 561 0000

These services all have websites and the referral process can be accessed online.

Some phone numbers that you may find helpful:

Mind: **0300 123 3393**

Sane: **0300 304 7000**

Samaritans: **116 123**

NHS: **111**

Papyrus (Suicide prevention in young people): **0800 068 4141**

Call **999** in an emergency

**So you are
moving on into
Adult Mental
Health Services**

A support leaflet produced
by Cumbria Care Leavers Forum

Can I have someone with me for my appointment?

A phone call before your appointment and a chat with the receptionist can often resolve this query.

Usually the practitioner will check if you want that person present before they ask any personal questions of you.

What can I expect from this service?

You may not understand what you will get out of your appointment.

Having this discussion early on will clarify the aims and outcomes of the service. This in turn may help you to feel supported, listened to and that help is at hand.

Who will be told about or see what I talk about in my session?

You will be asked for consent before any of your information is shared with others.

UNLESS what you have said suggest that you are at risk of harm or others are. It will be shared in the interest of your safety.

Do I need medication and if so, why?

Asking this early on, can sometimes clear your head from thinking about it and possibly obsessing over it.

If the practitioners plan is to see you a few times first, they will tell you this, giving you an idea of their plan. This can help reduce any anxieties you may have.

How long will it take for me to feel better?

Your practitioner will offer reassurance that everyone is different and heals in different ways at different speeds.

Take this reassurance and remember that it is okay, not to feel okay, straight away.

Do keep sharing with your practioner openly and honestly.

Will I have support when I start to feel better?

You will start to feel better and may not always need the support of AMHS.

If your practitioner does not look into or work on your support network, you could ask them to do this before discharging you.

There are self referral services outside of AMHS and your practitioner could help you identify who and where they are.