



## HULL CAMHS CHILDREN LOOKED AFTER TEAM

Welcome to our guide on the Hull CAMHS Children Looked After Team, designed for children and young people to get to know our service better.



**Caring, Learning  
& Growing Together**



## What the team does

We work with **children who are looked after by Hull Local Authority**.

We help you to:

- Show your feelings
- Cope with your feelings
- Think about things you have experienced

## How could we work together?

- Using toys, music, puppets, clay, and arts and crafts
- Talking

## Who are we?

- Psychologists
- Therapists
- Advanced Practitioners

**We are all here to help you**



## People we work with

Your social worker talks to us first.

We can help if you are:

- under 18
- living in foster care or residential care
- and your social worker is in Hull

## Who else may we work with?

We may also work with adults who look after you, helping them:

- understand how young people with similar experiences may feel
- make things easier at home or in care



## What happens before we start working together?

We talk with the adults who look after you.

We think about:

- how we can help
- whether it is the right time to meet you

## What will working together look like?

An adult you trust will always be nearby.

Together we might:

- talk
- play
- be creative

Sometimes we meet with:

- you
- your carer
- or both of you

Often, we meet for:

- One hour
- Every week
- We will check in with you to see how things are going



## I live in a residential home – how will we work together?

We visit residential homes regularly, to give you a familiar face from CAMHS.

We can:

- give you a quiet space to talk
- check how you are feeling

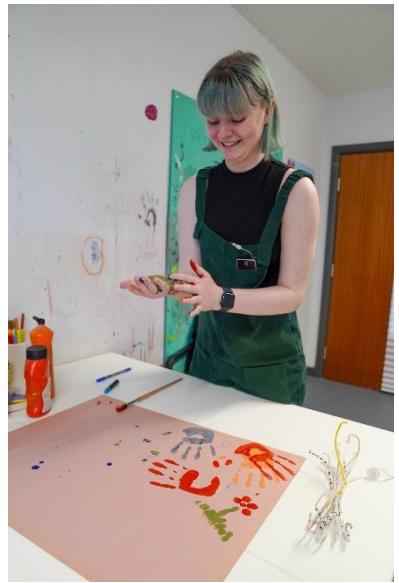
We will also:

- talk to staff
- help staff support you in the best way



## Information sharing

- We use a computer to keep information about your health.
- This helps us to look after you properly.
- We keep your information safe and protected.
- Only staff involved in your care can see it
- Sometimes we may share it with other people who can help you. We will try to tell you if this needs to happen.
- If you want to see your information, please ask a someone who is supporting you.



## CONTACT US

After a while: we hope you will feel like you know us well and feel comfortable

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CAMHS Crisis: 01482 259400

Unsure about what working with us might look like? Use the QR code to read a young person's guide on what to expect



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This document is available in alternative formats on request.  
Email [hnf-tr.communications@nhs.net](mailto:hnf-tr.communications@nhs.net) or call 01482 301700