



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**



Hull CAMHS Children Looked After

What the team does

Our team work with children and young people who are under the care of Hull Local Authority, as well as sometimes with carers and professionals like social workers.

We want to support you in:

- Making sense of past experiences
- Supporting you to express your feelings
- This can be anything from trouble with thoughts and feelings, to struggles with relationships.



Who are we?

Our team is made up of people who do lots of different things. You might hear us called:

- Psychologists
- Therapists
- Advanced Practitioners

All these names mean the same thing:
we are here to help you.

People we work with

Your social worker can speak to us if you are:

- below the age of 18
- living in foster or residential care,
- and your social worker is in Hull

You may already be working with a team in CAMHS - if it is felt that our team might be more appropriate for you, the other CAMHS team may ask us to work with you.

Who else may we work with?

As well as young people, we may work with:

- Carers
- Residential home staff
- Social workers
- Possibly schools

This can be to help you feel more settled in your foster placement or residential home.

Sometimes young people choose not to meet with us, or for different reasons it is not the right time for us to offer to meet with you. We can still provide support for the adults that care for you.

We can help them understand:

- How young people with similar experiences may be feeling
- How things can be done differently to make things easier for everyone

Hull CAMHS Children Looked After

What will working together look like?

When we start working together regularly...

- ❖ We want to make sure you have a trusted adult nearby.
- ❖ We will usually meet at the same time every week.
- ❖ Depending on who you work with, your session may include being creative, talking, or playing, to best help you explore your emotions.
- ❖ Sessions may include you, your carer(s), or both.
- ❖ Our sessions last for about one hour
- ❖ We will discuss with you and your carers about the best place for these sessions to happen. This could be at The Walker Street Centre, health centres, or in school.

Some young people who have sessions with us come for a short period whilst others may have sessions for a longer period. This can vary between weeks and months.

Throughout us working together, we will have regular reviews to discuss how you are finding it.

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

Within residential homes, a member of our team will visit regularly to get to know you and ensure you have a familiar face in CAMHS.

They can provide you with a space to chat and have wellbeing check-ins, as well as offering regular support to the staff members that look after you.



Information sharing

- We use a secure computer system to keep information about your health. This information helps us to look after you properly. We keep your information safe and protected.
- Only staff who help care for your health can see this information - other people are not allowed to look at it.
- Sometimes we need to share your information with other people who can help you - we will tell you if this needs to happen.
- If you want to see your information, please ask a member of staff 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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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 or call 01482 301700