

Meeting with CAMHS in Bright Start Children's Centres

If you would like to meet with a member of our team, you can ask a professional working with your family to refer you. For example:

- Health Visitor
- Family Support Worker
- Early Childhood Practitioner
- Nursery Worker
- GP

They will be able to have a conversation with you about whether they can help or if it would be more suitable for us to provide support. If they think a referral might help, they can contact a member of our team to discuss a referral and fill out our referral form.

Once you have been referred to us, we will contact you to discuss the next steps.

If we arrange to meet, we will try and meet at a Children's Centre near you.

For more information or to discuss a referral

You can also contact CAMHS at the Northern Health Centre, on **020 3316 1824**, or visit your local Children's Centre.

Feedback from families

“ I think the service is fantastic. I got a lot of support and would recommend to others ”

“ I have learnt how to manage tantrums more effectively ”

“ His behaviour is normal for his age and level of development, which is reassuring ”

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on **020 7288 5551** or **whh-tr.whitthealthPALS@nhs.net**

Whittington Health, Magdala Avenue, London, N19 5NF
Tel: **020 7272 3070** Web: **www.whittington.nhs.uk**

Find out more

Visit **www.islington.gov.uk/brightstart** for more information about our services, venues and to find timetables. You can also contact the Family Information Service on **fis@islington.gov.uk** or **020 7527 5959**, or speak to staff in any of our children's centres.

If you would like more information or this document in large print or Braille, audiotape or in another language, please contact 020 7527 2000.

If you would like to find out more about Bright Start Islington please contact:

☎ 020 7527 5959

🌐 www.islington.gov.uk/brightstart

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Are you concerned about your child's emotional well-being, behaviour or development?

CAMHS (Child and Adolescent Mental Health Service) in Bright Start Islington Children's Centres supports children 0-5 and their families.



Who we are

Our team is made up of trained professionals (clinical psychologists and child psychotherapists), who have lots of experience of working with children and their families.

We can talk through your concerns and come up with ideas for how we can work with you to support your child and family. Sometimes we may decide with you that support from a different service is helpful.

We have a CAMHS worker in every Children's Centre in Islington to try to make it easy for you to meet with us.



Why you might meet with us

Parents or carers meet with us for many different reasons. We can help with issues relating to the social and emotional development or behaviour of a child under five.

Some of the most common questions or concerns from parents

“ How can I help my child sleep through the night? ”

“ My child will only eat certain types of food. What can I do? ”

“ What do I do if I am struggling to help my child to learn to use the potty or toilet? ”

“ Why is my child clingy and hard to comfort? ”

“ Should I be worried about my child's learning, emotional well-being or development? ”

What we offer in Children Centre's

Appointments

We can arrange an appointment to discuss your concerns. This may be a one-off meeting, which helps you get back on track, or that links you with other useful services. It may also lead to some more appointments (up to five in a Children's Centre), or a meeting with a CAMHS worker at the Northern Health Centre.

Workshops

We run workshops to help parents deal with common issues in early childhood. We cover issues such as:

- sleep
- eating
- behaviour
- building positive relationships
- toilet training

We also provide consultation and training for nursery workers, and other Bright Start Islington workers, to support their work with children under five and their families.