

## Frequently Asked Questions: questions about transitioning to adult mental health services from our young volunteers

### When does transition happen?

If you turn 18 during your time in therapy, and have a requirement to continue your care for an extended period of time, you will be discharged by your current mental health service provider and encouraged to continue your treatment within adult mental health services.

Some services will refer you to adult mental health services for you, others may give you support and information on your options and how to access other services.

If you have a limited number of therapy sessions left, some services (eg Harrow Horizons) will be happy to continue with your treatment until it is complete.

### What can I expect if I have to transition between services during my care?

If you're being referred to any adult service from CAMHS, your CAMHS team should start planning this at least 6 months before you leave. They should:

- Give you information to understand the process of moving to adult services and what support will be available.
- Involve you in the planning process and listen to your views.
- Put one person in charge of managing your move from CAMHS.
- Prepare a plan of what you need and what support you will receive when moving to adult services.

Your CAMHS team should talk all of this through with you and any referral to adult services should be made before you leave CAMHS.

If you are receiving support from Harrow Horizons, as this is a short-term service for mild to moderate mental health difficulties, you can expect your treatment to be complete when you are discharged from the service. If you turn 18 in the middle of your treatment, you will be able to finish your sessions before being discharged. If you feel you still need help or support, you can speak to your GP about your options as an adult, or refer yourself to Harrow Talking Therapies.



Harrow Talking Therapies: [www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/harrow-talking-therapies](http://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/harrow-talking-therapies)

## What will be the same/different?

In all services, if you are accessing the same type of treatment (eg CBT or Counselling), the structure and style of therapy should be the same, although it may feel different with a different therapist.

You might find that the language used is a little different in adult services, and that you are offered more, or less, support options than before.

If you are accessing group support, you might find that you are in groups with much older adults at adult services, but this doesn't mean they are any less supportive!

Services may have different operating hours so you might find your appointments are at different times or days of the week to before.

If your family were involved in or informed of your care at child services, this will not be the case once you are over 18. If you would like to keep your family involved, make sure you tell your new service.

## Who will be involved in my care?

In most services, you will be assigned a therapist for the entirety of your care. Your care may be discussed by your therapist with a senior therapist from within the same organisation, but would not be discussed any further.

Your GP may need to be informed that you are accessing treatment, and when you have been discharged, but you can request if you do not want your care communicated in any detail.

If you are over 18, your family will not be informed of your access to treatment. If you are over 13, this will be discussed on a case by case basis, and if you are under 13, you will have a parent or guardian informed of your accessing treatment.

## What if I don't think it's working?

If you don't think it's working, the first thing to do is to have a chat with your therapist if you feel comfortable to do so. When you are explaining that you don't think it's working, make sure you state what you are wanting to change – is it a



change of therapist or the type of therapy offered? Your therapist should then be able to talk you through some options. Alternatively, you could ask to speak to a member of the admin team.

## What happens if I miss an appointment?

If you aren't going to be able to make an appointment, make sure you let either your therapist or a member of the admin team know as soon as possible. Some services have policies where if you miss 2 appointments they will discharge you from the service, so it's best you let them know beforehand and rearrange the appointment.

## How are adult services different?

Every mental health service is slightly different but some people find that Adult Mental Health Services can be quite different from CAMHS.

You might find:

- the relationship with your mental health team is different.
- you receive more or less support than before.
- there are different support and treatment options.
- you're in groups with adults a lot older than you.
- adult services might speak to your family and caregivers less than CAMHS. If you still want your family to be involved, you should make this clear.
- adult services might focus more on your diagnosis.

## What if I am discharged rather than referred to another service and I still need support?

When you leave CAMHS, your CAMHS team will either:

- refer you to Adult Mental Health Services for an assessment to see whether they can offer you support.
- direct you to other adult support services like your doctor, social services or charity organisations.



- discharge you. This means that, if you are well enough, their support will end. If they do this, they will give you information on other support that might help and what to do if things get worse.

If you are discharged from CAMHS or another organisation, talk to your GP about your support options if you are still struggling with your mental health.

We have also listed other support available to you below.

## Where else can I get support?



HeadsUp provide specialist mental health services to young people aged 11-25 who face additional barriers to support across Harrow. We offer a selection of support including one-to-one and group support sessions, depending on the needs of the young person. Across our partners, our areas of expertise are LGBT+, refugees and asylum seekers, ADHD and Autistic young people and support for self-harm, abuse and neglect. Our services are provided by Mosaic LGBT+ Young Persons' Trust, The Wish Centre, Paiwand, and the Centre for ADHD and Autism Support (CAAS).

Visit [headsupharrow.uk](https://headsupharrow.uk) to self-refer if you are:

- aged 11-25
- living or attending school in Harrow
- LGBT+, a refugee or asylum seeker, have a diagnosis of ADHD or Autism, or are struggling with self-harm or sexual exploitation

You can also ask be referred by your GP, teacher or a parent/guardian.

### Harrow Horizons

Harrow Horizons is a targeted mental health and wellbeing service for children and young people delivered throughout the community of Harrow. It offers a wide range of therapeutic services for mild to moderate mental health difficulties.

Harrow Horizons is there to support children and young people aged 0 to 18, and young people with special educational needs and disabilities up to the age of 25 alongside their families in Harrow who need help to improve their emotional health and wellbeing.



You can be referred to Harrow Horizons by your GP, a teacher or parent, or you can refer yourself through their website: [www.barnardos.org.uk/what-we-do/services/harrow-horizons](http://www.barnardos.org.uk/what-we-do/services/harrow-horizons)



Kooth is a free, confidential online counselling service. You can speak to trained therapists online and also discuss any difficulties on a forum with other young people: [www.kooth.com](http://www.kooth.com)



Childline is there to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, their trained counsellors are there to support you.

Call them on 0800 1111

Visit [www.childline.org.uk](http://www.childline.org.uk) for up-to-date operating hours and live chat services.



Samaritans are a free, confidential listening service you can call at any time and on any day. They provide emotional support and advice whatever the difficulty. There is no problem too big or small to talk with them about. Their number is 116 123. You can also email them at [jo@samaritans.org](mailto:jo@samaritans.org)



Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.

Text Shout to 85258 at any time of the day or night for confidential support.