



Hi!

Not so long ago we were headed to our first CAMHS appointment, just like you.

We know what it is like to feel nervous and to not know what to expect, so we have made some videos to help answer some of your questions and give you an idea of what it could be like.

We've made 3 videos (don't worry, they are quick), each giving you insight into a different aspect of the CAMHS experience:



Come with me to my CAMHS appointment

Join Isla as she shows you what it is like to go to a CAMHS appointment.



Tiny Mic, Big Question

CAMHS staff share what they want you to know about coming to CAMHS.



The Real Deal

Young people share their past experiences with CAMHS

We worked really hard on the videos with you in mind, and we hope they help you feel more comfortable and confident. You've got this!

Love from

Isla ☺ Samia Josh Amy Eloise Isaac

CAMHS Inforeels Youth Advisory Group

We are doing a study to find out what 12–17 year olds think about CAMHS and the inforeels. **Share your thoughts [here](#) or scan the QR code for a chance to win 1 of 10 \$50 gift cards.**

