

# YOUNG MINDS

The voice for young people's mental health and wellbeing

**YOUNG PEOPLE'S  
GUIDE TO TRANSITION**

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**Transition is a time when everything can seem ‘up in the air’. You have to be quite strong to get through it and you have to make sure that if you don’t understand anything you ask someone to explain it.**

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## **THIS GUIDE EXPLAINS WHAT HAPPENS**

when young people receiving help from Child and Adolescent Mental Health Services (CAMHS) are reaching an age when they need to move on from CAMHS, and get the support that they need from adult services. This is often called 'Transition'.

This guide explains what should happen during Transition, and who should be involved in helping you get the support that you need.

**This guide is divided into 4 parts:**

**Part A: What should happen during Transition?**

**Part B: What to do if you are having problems with Transition**

**Part C: Information for specific groups of young people**

**Part D: Further information**

**Top tips for young people going through Transition:**

- » You should have an assessment of your needs and have a Care Plan setting out what support you will get before you leave CAMHS.
- » Transition planning should take place in good time, so you know what to expect and when.
- » This is about your life, so make sure you are involved.
- » Transition should be about you and your needs, not about what the services want.
- » You have the right to be heard, and your opinions matter.
- » Make sure you have a clear plan for keeping and staying well.
- » If you want your parents or carers to be involved with your care, tell this to services.
- » If you don't understand what someone is saying to you, ask them to explain.
- » If you are not happy with what's being offered to you, you have the right to complain.

# A

## WHAT SHOULD HAPPEN DURING TRANSITION?

This section explains when Transition is likely to happen and how you should be helped to prepare for your move from CAMHS to adult services.

### 1. When will I need to move on from CAMHS, and what will happen?

CAMHS in different parts of the country have different systems. You might leave CAMHS at the age of 16, 17 or 18, and it can depend on whether you are at school or college. You can ask your CAMHS worker at what age your CAMHS stops seeing young people if you don't know. Whatever age your CAMHS stops, you should be told in good time, ideally six months before you will have to leave CAMHS, so you are well prepared. If you start going to CAMHS not long before the time when you will need to leave the service, you should be told about Transition, and what this will mean for you, as soon as you join CAMHS.



**When I started at CAMHS it was only a few weeks before I was 18, so they started talking about Transition as soon as I got there.**



First of all you should be told about what steps are going to be taken to prepare you for moving on from CAMHS. Your CAMHS team and other people helping you will need to work out what support you need for the future and make a plan for your care. They must do this with you.

CAMHS will do this by arranging for you to have an assessment of your needs. Your CAMHS care team and other professionals might call this process making you a Discharge Plan. This is because they are planning for you to be discharged from CAMHS because you are too old for the service, or because you are well enough not to need specialist mental health services any more. Other professionals may call this an assessment of your future needs. These are different ways of saying that they are working together to make sure that you have a Care Plan, which sets out what help you will be given (and which you agree to), before you leave their care.

## 2. What is the assessment for?

The assessment is to find out what support you might need on leaving CAMHS, and make sure you have a plan for your future care. It is a chance for you to ask for the help that you need at this point in time.

Thinking about your needs at this point can help you continue to get better, and make the most of life as you become an adult. Having a clear plan of what will happen is crucial. This is about your life, and how services can help you.

As part of Transition, your CAMHS team should also help you and your parents or carers to prepare for moving to adult services, if that is what might happen. They should explain what help adult mental health services (AMHS) provide and how they differ from CAMHS.

The key points to remember are that in preparation for your Transition from CAMHS to adult services you should have:

- » An assessment of your needs (not just your mental health needs but also your other needs, such as help in getting a job or going to college).
- » A Care Plan – the services that you are going to receive to meet your needs. This should be regularly reviewed, and you should have a copy.
- » One person who is appointed as the 'lead professional' to support you.



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**My Keyworker talked to me about moving over to AMHS services and what would happen next. But what I really wish she had told me was how different it would be to use those services, and how foreign it would feel after CAMHS – that was the real shock.**

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### 3. How does an assessment work?

A member of your CAMHS care team should make arrangements for your needs to be assessed. This is likely to be the person appointed to be your 'Keyworker' or 'Care Co-ordinator' (if you are not sure who this is, just ask). One person must take responsibility for making sure the right people are involved in your assessment – he or she will be the 'lead professional'. You should be told who this is – the person might be your Keyworker from CAMHS, someone from AMHS, or another professional.

The lead professional should tell you about the assessment, including what will happen when, and what it will be like, to make sure you do not get worried or confused about what is happening. They should help you decide what is really important for you and make sure that your views are listened to and taken into account.

A number of different people may be involved in your assessment and there may be a series of different meetings to discuss how best to plan your move from CAMHS. This is because this assessment should look at your general needs as well as whether you will still need mental health care and support when you leave CAMHS. Your parents, or other friends or relatives who provide you with support, can attend these meetings, if you want them to.

- » Assessing your mental health needs: If your CAMHS team think that you will continue to need support from mental health services, they will refer you to the local adult mental health services.

The AMHS team should then meet with you and your CAMHS team. They must talk to you about your mental health needs and what treatment and support you think you need. They will then decide whether they can help you.

If the CAMHS team do not ask AMHS to carry out an assessment, you have the right to know why. So if you have not been referred to AMHS and think that you should be, you should ask your CAMHS to tell you why this has not been done.



**The people from the AMHS unit came to visit me when I was still with CAMHS. It was good because I got to know the doctor and the eating disorder team before I went into the unit. It was still a big change but it was better because I knew who was who.**



- » Assessing your additional support needs: This assessment might be carried out by someone from your CAMHS team, or the AMHS team, or a social worker but they will be carrying out this assessment on behalf of your local authority.

This is because local authorities are responsible for arranging assessments of children 'in need' (which has a wide definition that includes young people under the age of 18 who are receiving mental health care) and people who are

18 or over who may be in need of 'community care services' (which includes a wide range of services, including social work advice and support and educational activities). (See Question 10 for more information on these Acts)

The professionals who are carrying out these assessments should ask you what you think, for example they should talk to you about:

- » how you are feeling, and if you think your CAMHS treatment is helping,
- » how things are going at home and in other areas of your life, including education, health, housing, work, relationships and friendships
- » what help you think you will need with these things in the future
- » who you have to support you,
- » if you want your parents or carers to be told about your treatment, and if you want them to be included in meetings and help make decisions about your care.

You might hear CAMHS workers talking about the 'CAF', (Common Assessment Framework), or the 'Assessment Framework' – these are ways of making sure all the right questions are asked when you have your assessment. You can ask your Keyworker to tell you more about this.

The professionals carrying out your assessment should talk to other people who are helping you about what support they think you might need when you leave CAMHS. This could include your parents or carers, social workers, nurses, teachers and youth workers. If you are involved with the Youth Justice System as well as being seen at CAMHS, your Youth Offending Team should also be involved in your assessment. You may also be having a separate assessment about continuing your education or training at this time, if you are registered as having special educational needs – ask your teachers about this if you are not sure.

If your assessment shows that you have additional health or housing needs the professionals carrying out the assessment must refer your case to the organisation responsible for arranging these services. For example, if you do not have anywhere suitable to live, your case should be referred to the local housing authority as soon as possible. If you are under 18, children's social care services should also be informed as they may need to find a place for you to live. You should be told who has been contacted and what action is being taken. For more information about getting help with your additional needs, see the Citizen's Advice Bureau website for people under 25. (Details in Further Information, Part D)

Being assessed at Transition can also be an opportunity to have more control over the help that you receive. If you are receiving support from your local authority and you are aged 16 or over, the local authority must offer you the option of direct payments in place of the services you currently receive, or are about to get. Direct payments are payments that the local authority gives to people so that they can make their own arrangements to get the help that they have been assessed to need. If you are interested in receiving direct payments, ask about this when your needs are being assessed. For more information, see the link in Part D, Further Information.

## **4. What if I am getting support from my parents, relatives or friends?**

If your parents or carers have been supporting you and helping you make decisions about your care, things don't have to change when you move on to adult services if you don't want them to. During your assessment you should be asked about the support that you receive from relatives and friends, what type of support they are giving you and whether this is likely to continue.

Your parents and other people who provide you with on-going support (known as 'carers') will have a right to an assessment of their needs if they spend a lot of time helping you, or plan to do this. This is called a Carer's Assessment. In that assessment, they will be asked how much time they spend looking after you, what they have to do for you and what the effect is on them. For information on the carer's assessment see the link in Part D, Further Information.

## **5. What happens after the assessment?**

The professionals involved in assessing your mental health and other needs will then decide what, if any, support should be given to you to meet these assessed needs.

They will decide whether you should be given a service to meet your needs, by using what are known as 'eligibility criteria'. Eligibility criteria are the levels of need a service says you must have to get help from them. If they think your needs are lower than that level, they will not offer you help. The purpose of eligibility criteria is to make sure that the people most in need get help. Eligibility criteria vary from area to area.

If you are not given a service to meet your assessed needs, you should be told why you are not going to get this help. For example, even if you have been assessed to have some mental health needs, you may not qualify for help from AMHS. This may be because the AMHS team have assessed that you do not need the high level of support and care that they provide. However, the reasons why they think this should be explained to you. For further information see Question 10 below.

After the assessment, your Keyworker should meet with you (and your parents or carers if you want them to be there), to explain the outcome of your assessment and tell you:

- » What the people who have assessed you understand your needs to be – this should take into account what you have said.
- » How they are going to try to meet those needs. For example, if you are not considered to be eligible for AMHS but do have mental health needs, there may be other ways of providing you with support, for example by referring you to a local voluntary organisation supporting people with mental health problems.

You should also be given a written note setting out the care that you will be given on leaving CAMHS. If you agree, your parents or carers should be sent their own copy. This written note might be called a Discharge Plan, or a Care Plan, but it should say clearly what support you will get in the future and how to get help quickly if you need it. If you are a care leaver this care plan should fit in with what's in your pathway plan (see Question 13 for more information for care leavers).

## 6. What is in a Care Plan?

The Care Plan records what help you will be given and who will give you this help. It should mention the following areas, and clearly state who will meet each need and what services will be provided:

- » Mental health and emotional support: what help you will be given and who by, for example AMHS or another organisation. If you are not going to receive a service from AMHS or from any other organisation, it should state what you can do to keep yourself well and healthy.
- » Who you should talk to in an emergency, or if things start to go wrong and you feel like you need more help.
- » Disabilities – what support you will receive to help you with any disabilities you have.
- » Physical health – this should cover any physical health problems that you need to see a doctor or nurse about and the type of help you are getting for them. Any help you are going to get with diet, exercise, sexual health or other things should also be mentioned here.
- » Education – if you are in school or college, or deciding whether to go back to school, this part of the plan should set out what support you are going to get to help you do this. If you are going away to college or university, and you are likely to need specialist services while you are there, it is particularly important that the team who has been working with you get in contact with services at college or university to make sure you continue to get the support you need.
- » Employment and training – this part of the plan will set out what help or support you will get with these.
- » Housing – this will state what support you will get to find safe and supported housing which meets your needs.
- » Supporters and carers – this will include the names of the people, such as your parents, relatives and friends who are going to provide you with support, and what help or support they need to do this.
- » Friends, positive activities and youth services - the things that make you happy and how can you be supported to carry on with these things.

You must be asked what you think about what is in your Care Plan, and if you agree or disagree with it. If you are not happy with it, talk to your Keyworker as soon as possible (see Question 10 for more information on this). Your parents or carers should also be shown your Care Plan if you have agreed to this (see Question 7 below). Once you have seen the plan, ask for your GP to be sent a copy so they know what is in it.

## **7. Do my parents or other carers have to be informed about my care?**

You can decide whether you would like your parents or carers to be informed about your care and treatment. You have a right to have your personal information, such as your diagnosis and treatment, to be kept confidential, even if you are not yet 18.

This means that, except in very limited circumstances, those working in CAMHS and AMHS must not give information about your treatment and care to your parents and carers without your permission.

If your care team think your parents or carer need to know certain things to help you (for example what medication you are taking and when you need to take it), they should ask your permission to tell them about these things. If they share things you have asked them not to, or with people you did not want included, you have the right to complain (see below).

An example of when confidential information could be given to someone without your permission is in order to protect other people from serious harm or to prevent a serious crime. If your care team think that this is necessary, they will usually discuss it with you first.

While you have been getting help from CAMHS, your parents or carers may have been involved. You might have sessions together, and CAMHS may talk to your parents or carers about how things are going, or give them advice on how to help you at home. If you move to adult services you probably won't have joint sessions with your parents or carers, but they can still support you. Many older young people and adults still find it helpful to talk things over with their parents or carers, as well as their Keyworkers, because it helps them to make the right decisions. They might gradually make more of the decisions on their own as they get older.

If you move to AMHS and want your parents or carers to continue to be involved in your care and treatment, you should make sure that your care team know this. If you don't let professionals know, they may assume you don't want your parents or carers to be involved. You should tell your care team what information can be given to your parents or carers, and what you would like to be kept confidential. Ask for this to be written into your Care Plan, so your care team know what information they can give to your parents or other carers.

You can change your mind about who you would like to be informed about your care at any time.



**For me, having my mum helping me was the only thing that got me through Transition. There's a lot to get used to and adult services can feel lonely compared to CAMHS.**





**When I moved from CAMHS I made the decision not to have my parents involved in my care. This was because my confidentiality had been broken in the past and I had found it really stressful. Managing my own care was hard but I felt safer because then I could tell my parents what I wanted them to hear, and only ask for help from them if I wanted to. Transition gave me the chance to think about that.**



## **8. What if I need a lot of help?**

If you need a lot of help with your mental health, the treatment and care that you get might be provided under the Care Programme Approach ('CPA'). This is a system within mental health services for making sure people who have serious or complex mental health problems get the support they need. It used a lot in adult services, and by most CAMHS inpatient units. The CPA should also be used for people under 18

- » when they are being transferred from child to adult services or
- » when they come out of hospital.

Adult Mental Health Services use the CPA, so if your Keyworker thinks you need to use AMHS services, it's important that they use the CPA to assess you when you leave CAMHS. However, not all services assess young people in the same way so ask your Keyworker about the CPA if it is not mentioned.

If you get help under the CPA, they will choose a mental health professional to be your 'Care Co-ordinator'. That person will be responsible for making sure you get the help you need from different services.

The help you are getting should be 'reviewed' every 6 months – to check how it is going and if anything needs to be changed. This is often called a CPA Review. Your Care Team must make sure you are fully informed about your care, and that you are central to the process. They should also make sure your parents or carers are involved if this is what you want.

Even if you don't need support under the CPA, you should be given an assessment of your needs and a Care Plan.

# B »

## WHAT TO DO IF YOU ARE HAVING PROBLEMS WITH TRANSITION

This section looks at possible problems you may have during Transition and suggests what can be done to sort these problems out.

### 9. No-one has offered me an assessment, or talked to me about a Discharge Plan - how can I get one?

Your CAMHS team is responsible for ensuring that your Transition is properly planned and that your Care Plan is in place before your leave their care. If no action has been taken to do this, you can tell your Keyworker at CAMHS, or your social worker if you have one, that you need to be assessed and need a plan for your future care.

You can also ask them for help from an Advocate (see Question 11).

You have a right to request an assessment of your mental health needs, and your other needs, as described in Questions 2 and 3.

It might be helpful to put your request for an assessment in writing. You could include the following points in your written request:

- » If you are under 18: State that you may be a child 'in need' and are requesting an assessment under Section 17 of the Children Act 1989.
- » This is because if you are under the age of 18 and are receiving care from CAMHS you are likely to be a child 'in need' under the Children Act 1989. If it appears that there is a child in need in their area, local authorities are required to take reasonable steps to assess the needs of that child. You are therefore asking for your needs, as a child in need, to be assessed.
- » So if you are nearly too old for CAMHS but you don't know what help you will be getting when you are meant to leave CAMHS (ie whether this will be on your next birthday), you can ask to be assessed under Section 17.
- » If you are assessed under Section 17, your parents or carers should also be included, if they are involved in your care. They can also request a carer's assessment if they are providing a substantial amount of care on a regular basis.

- » If you are over 18 or just about to turn 18: State that you are requesting a 'community care assessment' under section 47 of the NHS and Community Care Act.
- » Section 47 says that anyone over 18 who may be 'in need of community care services' has the right to be assessed.
- » Community care services include mental health services such as counselling and therapy, and also support from social workers.
- » If you are assessed under this Act it is called a Community Care Assessment.
- » Your parents or carer can also request a carer's assessment if they are providing a substantial amount of care on a regular basis.

If the request for an assessment is turned down or ignored, you have the right to complain (see Question 12).

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**I didn't know I had the right to have an assessment. The person I was seeing at CAMHS just gave me the number of a local counselling service which you can refer yourself to. I was really confused as I didn't know what kind of help they offered – or even what kind of help I needed.**”

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## **10. What if I'm not offered the help I think I need?**

If you disagree with the decisions that have been made, or with what is in your Care Plan, you should discuss this with your Keyworker as soon as you can. It can help to write down what you don't agree with and say what you think needs to be changed. Your parents, carers, or an advocate (see Question 11) can help you do this. In some cases you may be told that the changes you want cannot be made. See Question 12 (Complaints) for suggestions on what you could do if that happens.

It's really important to know that although you have the right to have your needs assessed, you do not have the right to get services to meet those needs. If you are not offered any services, the reasons why you are not going to get help should be explained to you by your Keyworker when they take you through the Care Plan.

One reason why you might be told that you are not going to get help from a particular service, for example adult mental health services, is that your needs don't meet the eligibility criteria for adult mental health services (see Question 5 above).

For example some mental health services will only help you if you have been diagnosed with a 'severe and enduring mental illness', are at risk of harming yourself, or have spent a lot of time as an inpatient in the past. Other services may not help you if you are taking drugs or using alcohol. This applies to AMHS and also Health and Social Care services and eligibility criteria are not the same in every area or for every service. It should always be explained to you if you do not meet the eligibility criteria for a particular service, so if you don't understand what the eligibility criteria are, or why a service is not able to offer you help, ask your Keyworker or Care Co-ordinator to explain this to you.

There might be services which are not part of the NHS or Social Services which can help you, such as local counselling projects run by charities or other places. An example is YIACS (Youth Information Advice and Counselling Services), which give advice and support to young people on a range of issues. Ask your Keyworker about these or search the online directory at Youth Access - see Part D, Further Information, for website details.

## 11. How can Advocacy Services help?

If you want someone independent to help you get the care you need, you can ask your Care Co-ordinator, Keyworker or social worker about how to find an advocate. Many CAMHS out- and in-patient services have links with advocacy services so it is worth asking if your service does.

Advocates work with young people to help them:

- » Get the information they need
- » Understand their rights
- » Say what they think so that others listen
- » Take part in decisions about their care and treatment
- » Understand what choices they have and make informed decisions
- » Know how to make a complaint if they need to

They can meet with you, talk to you on the phone, come to meetings with you if you need support, and help write letters with you about your care.

There are two main circumstances under which you have the legal right to an advocate:

- » If you are detained under the Mental Health Act 1983, which means you were admitted to hospital without your agreement, because there were concerns about your health or safety, or the safety of other people.

or

- » If you are receiving Supervised Community Treatment, which means you are discharged from detention in hospital, but need to comply with certain conditions (for example taking medication and/or attending outpatient appointments) otherwise you may have to return to hospital for treatment.

In these cases you have the right to get help from an Independent Mental Health Advocate (IMHA), who can advise you about your rights under the Mental Health Act. For more information about IMHAs, see link in Part D, Further Information, to the Headspace Toolkit.

## 12. Complaints

If you are not happy about something to do with your treatment or the way your Transition happens, it is ok to complain. You have the right to get the best help for you, and if this is not happening you can ask for it to be sorted out.

### You can do this in two ways:

Informally – you can talk to someone and ask them to help you sort out the problem. Your Keyworker or Care Co-ordinator can be a good person to start with. If they are part of the problem you can ask to talk to their manager or someone else in the team.

Formally- you can use the official complaints procedure for the service that you wish to complain about. (You should be given information about this when you start using the service). You may have to fill in a form or write your complaint down.

You might want a friend, or a parent or carer to help you complain - if you want a parent or carer to complain formally on your behalf, you will need to give them written permission.

You could also ask for help from an advocate (see Question 11 above). If you are detained in hospital under the Mental Health Act 1983 you will have the right to have an advocate.

It is best to try and sort the complaint out as soon as you can. You can think about

- » What it is you are not happy about
- » When it happened (or if it is a long term thing, when did it start)
- » Who is involved
- » How it makes you feel
- » What you would like to change

If you are complaining informally, the person you complain to should tell you what they are going to do about the complaint. If they do not do anything you should use the official complaints procedure.



**When I first went into the unit I was so bored because we weren't allowed out and there was nothing to do. It was making me feel worse and the day staff didn't seem to care. I talked to the senior nurse and she helped me organise some art stuff to do.**



If you are using the official complaints procedure, there will be a process to follow. This will include times by when people should respond to your complaint, try and address it and inform you what they have done. If these are not followed you have the right to insist that they are.

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I came out of hospital around the time of Transition. It was really stressful. When I got home I found it hard to go out and I didn't want to go to my AMHS appointments as my anxiety was really bad. At first the team there tried to get me to go in but I wouldn't so I wasn't getting any help. Eventually my foster mum made an official complaint. We filled in the form together. After that they did come and see me, and now I know them I feel ok about going to my sessions there. We had to be quite strong about what I needed.”**

If you are not happy with the response that you get to your complaint, you can complain to an 'Ombudsman', who is someone who investigates complaints about public services. If the complaint is about your social care then you can complain to the Local Government Ombudsman. If it is about your health care, then you can complain to the Health Service Ombudsman.

In some cases you may need to get some legal advice. For example, if you have asked to have an assessment and are told that you are not going to get one, or you have been waiting a long time to get an assessment, or you have had an assessment and are told that you are not going to get any help, but are not told why, it would be important for you to get advice on what to do next. If you think that you might need this sort of help, ask to speak to an advocate.

You can also contact Mind's legal advice line, see Part D, Further Information for details.

If you are under 18, the Children's Legal Centre provides legal advice and information on any aspect of child law, and also has a wide range of resources - see Part D, Further Information for details.



## **INFORMATION FOR SPECIFIC GROUPS OF YOUNG PEOPLE**

**This section provides additional information for young people in specific situations.**

### **13. What if I'm a care leaver?**

If your local authority has looked after you in the past, you may have the right, as a 'care leaver', to get extra help from them. You should be given support from when you become 16 and until you reach the age of 21 (and for longer if you are continuing with your education or training). This will be important because your CAMHS team should work closely with your 'care leaving team' when assessing your needs and deciding what help you should get when you leave CAMHS. Your Care Plan should fit in with what's in your 'pathway plan'.

Ask your Social worker or personal adviser about what this means for you. You can also ask to have an Advocate to help you make decisions about your care (see Question 11)

### **14. What if I'm an inpatient at the time of Transition?**

You might be in hospital at the time when you are told that you need to move on from CAMHS. What happens next will depend on whether you need to stay in hospital or whether you are ready to leave hospital. If it is agreed that you need to stay in hospital you will be moved to a unit for adults or older young people. If you are well enough to leave hospital, a discharge plan will need to be put in place.

In either case, your needs must be assessed before you move to another hospital or inpatient unit or get discharged. A Care Co-ordinator will be appointed to manage your assessment, and to make sure that if you are moving, the place you move to is suitable for you. You should be told their name and what their role is.

If you need to stay in hospital and are under 18, you might hear the words 'age appropriate' in the discussions on where you will be moved to when you leave the CAMHS unit. This is because if you are under 18, you must be placed on a ward suitable for someone of your age, depending on what your needs are when you are admitted. This usually means a unit for under 18 year olds, but in certain circumstances you might be admitted to an adult ward either because it meets your needs in a way the under 18 units can't, or because of an emergency. If you are on an adult ward and you are under 18, staff have to make sure you are safe, and if you have been admitted because of an emergency they must make sure you are moved to a CAMHS unit very quickly.

For information about your rights when you are an inpatient, and how to make sure you get the best care, use the Headspace Toolkit, - see Part D, Further Information for details.

If you are going to be moved to adult inpatient services it is very important that you are helped to prepare for the change by those who manage the Transition process. This is because adult wards can be very different to CAMHS inpatient units. For example, visiting hours may be shorter and the patients you are treated alongside might have different types of problems. This can be hard to get used to and you may have to be very clear with staff about the support you think you need, when you first move. If you are being supported by a parent or carer you could ask them to help you explain your support needs to the staff.

If you are well enough to leave hospital, the Care Co-ordinator in hospital must work with the services outside to make sure you have a Care Plan for the future (see the information in Question 6 above). You may have additional rights if you were detained under the Mental Health Act 1983 (which means you were admitted to hospital without your agreement.)

If you were admitted to hospital under section 3 (which is known as 'admission for treatment') you must be assessed under section 117 of the Mental Health Act 1983 before you leave hospital. If you were admitted for treatment following an order of a court, for example, a 'hospital order' under section 37 of the Mental Health Act 1983, you should also be assessed under section 117.

If section 117 of the Mental Health Act 1983 applies, you have the right to receive 'after-care' services on leaving hospital. This will require an assessment of your needs. In addition to any on-going needs for mental health care, a range of issues should be considered, including your physical health, housing needs, daytime activities or employment and assistance in welfare rights and managing your finances. A Care Plan that sets out how these needs are to be met should be prepared before you leave hospital.

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**As I turned 18 while I was in hospital, the Transition was about getting me ready to come out. I met the Community Team who helped me sort out what help I would be getting outside and how I would find somewhere to live. It was sad in a way because I had got to know a lot of people on my unit and at first I missed them a lot. But I still text some of them. Now I'm well enough to go back to college and I go to the counselling service there.**  
”

## 15. What if I am an asylum seeker or a refugee?

If you are an asylum seeker or refugee, you are entitled to free NHS care, including mental health services, unless your asylum claim has failed. This means your rights at Transition are the same as other young people.

If your asylum claim has failed, you may still get free NHS primary care if a GP or other doctor chooses to give it to you (it is at their 'discretion'). But you may be charged for specialist or hospital care unless it is emergency treatment (A&E) or compulsory mental health treatment (which is given when you are detained under the Mental Health Act 1983 or receiving Supervised Community Treatment).

As an asylum seeker you may find it harder to get your mental health needs met, as things like language differences, moving areas or lack of cultural understanding on the part of professionals can get in the way. However the professionals involved in your care should try to help you with any difficulties, and for example should make sure that an interpreter is available at all the meetings about your future care so that you can make your views known.

If you were admitted to the UK as a child refugee, you may have your claim re-examined when you reach 17, which can complicate the process of Transition as it may delay decisions around what care you are able to receive. If you are in this situation, talk to your Case Worker if you have one, or ask CAMHS to help you find an Advocate (see Question 11).

The Children's Legal Centre has a project aimed at helping refugee or asylum seeking children get the help to which they are legally entitled - see Part D – Further Information for more details.





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## ADDITIONAL INFORMATION

If you want more information, ask your CAMHS Keyworker to explain anything you have not understood, and give you more information about Transition.

### 17. Sources of Further Information:

#### » YoungMinds

YoungMinds is the UK's leading charity committed to improving the mental health of children and young people and empowering their parents and carers.

See our website [www.youngminds.org.uk](http://www.youngminds.org.uk) for information about young people's mental health.

#### » The VIK Project

The Very Important Kids Project is a three year lottery funded initiative involving thousands of young people which campaigns to improve mental health services, raises awareness about young people's mental health and wellbeing, and increases young people's involvement in service and delivery. See [www.vik.org.uk](http://www.vik.org.uk) for more information and to sign up.

#### » Mind

Provides information and advice to people with mental health problems, carers and professionals. Campaigns to promote and protect good mental health for everyone. [www.mind.org.uk](http://www.mind.org.uk). Has two helplines:

Mindinfoine Provides information on a range of topics including types of mental distress, where to get help, drug and alternative treatments and advocacy. Able to provide details of help and support for people in their own area. **0845 766 0163** from 9am – 5pm, or email [info@mind.org.uk](mailto:info@mind.org.uk)

Mind Legal Advice Line, on **0845 225 9393** from 9am – 5pm, or email [legal@mind.org.uk](mailto:legal@mind.org.uk), or see the Mind web pages on rights and legislation [www.mind.org.uk/help/rights\\_and\\_legislation](http://www.mind.org.uk/help/rights_and_legislation).

#### » For information on rights and benefits:

Citizen's Advice Bureau: Has information to help people under 25 get the information and support they need on issues such as housing and benefits: [www.citizensadvice.org.uk/advice4me.htm](http://www.citizensadvice.org.uk/advice4me.htm)

#### » For information on Direct Payments:

See the following link: [www.direct.gov.uk/en/DisabledPeople/FinancialSupport/Introductiontofinancialsupport/DG\\_10016128](http://www.direct.gov.uk/en/DisabledPeople/FinancialSupport/Introductiontofinancialsupport/DG_10016128)

» **For information on Carer's Assessments:**

see the following link:

[www.nhs.uk/CarersDirect/guide/assessments/Pages/Carersassessments.aspx](http://www.nhs.uk/CarersDirect/guide/assessments/Pages/Carersassessments.aspx)

» **For information on Youth Counselling Services:**

Youth Access has an online directory of local youth counselling services for young people aged 13 – 25: [www.youthaccess.org.uk](http://www.youthaccess.org.uk)

» **For more information about Independent Mental Health Advocates:**

See the Headspace Toolkit, [www.headspacetoolkit.org/index.html](http://www.headspacetoolkit.org/index.html),

or the following link:

[www.voiceability.org/services/independent\\_mental\\_health\\_advocacy\\_imha/](http://www.voiceability.org/services/independent_mental_health_advocacy_imha/)

For legal advice around Mental Health Services for Adults, contact Mind's Legal Advice Line, (see above under 'Mind').

» **For legal advice regarding children and young people under the age of 18:**

Contact the Children's Legal Centre. Their helpline, the Child Law Advice Line, can be contacted on **08088 020 008**, email [clc@essex.ac.uk](mailto:clc@essex.ac.uk), or see their website [www.childrenslegalcentre.com/](http://www.childrenslegalcentre.com/)

» **For information about Inpatient Care:**

To find out about young people's rights when they are inpatients, and how to make sure they get the best care, use the Headspace Toolkit, which can be found at [www.headspacetoolkit.org/index.html](http://www.headspacetoolkit.org/index.html)

» **For help for refugee or asylum-seeking children and young people:**

The Children's Legal Centre have a project researching this issue, see the following link, [www.childrenslegalcentre.com/Migrant+Childrens+Project](http://www.childrenslegalcentre.com/Migrant+Childrens+Project) or contact the Refugee Council for advice – see [www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk) for your nearest office.

» **For information about Transitions for children and young people with a disability:**

Contact Transition Information Network:

[www.transitioninfonetwork.org.uk](http://www.transitioninfonetwork.org.uk) Website for people who support disabled young people in Transition to adulthood. The aim of this website is to provide information about the Transition process that will be useful to professionals and parents/carers. There is also a section for young people that talks about the Transition process and gives links to helpful resources.

**PARENTS HELPLINE**

Free & Confidential

**0808 802 5544**

Lines open 9.30 – 4 Mon – Fri

**YOUNGMINDS  
PARENTS FORUM**

[www.shareyourstory.org.uk](http://www.shareyourstory.org.uk)

**YOUNGMINDS**

48-50 St John Street  
London EC1M 4DG

**Tel:** 020 7336 8445

**Fax:** 020 7336 8446

**Email:** [ymenquiries@youngminds.org.uk](mailto:ymenquiries@youngminds.org.uk)

**Website:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

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**YOUNGMINDS**

The voice for young people's mental health and wellbeing

National CAMHS Support Service

Registered Charity No: 1016968  
Company No: 2780643  
OCSR No: SC39700



**National Mental Health  
Development Unit**