

**HAVE YOU EVER  
OR ARE YOU  
CURRENTLY  
USING IN-  
PATIENT, OR  
CAMHS SERVICES?**

**We Want  
Your Feedback**

**BECAUSE IT MATTERS  
TO US WHAT YOU  
SAY!**



# **We would like your help with the development of a CAMHS participation strategy for the South West of England.**

One of the things young people and their families tell us is that they would like higher quality treatment options, closer to home. As a result we are designing and shaping better services across the South West, so that young people and their families can get the care and support they need closer to where they live.

We think that the best way to make sure young people's mental health is supported is to have their thoughts, feelings, ideas and opinions at the heart of the mental health services – especially intensive and specialist services.

The SW Provider Collaborative (made up of senior mental health leads, commissioners and decision makers) have asked Exeter University's participation team to work with young people to find out how they want to be involved in the design and running of these services.

You can get involved as much or as little as you like. You can support us in a variety of ways, for example, Filling in a questionnaire, having a conversation with someone on the phone or over Zoom, attending a focus group, leading training sessions or getting involved with a participation group!

If you are a young person who has or is using these services, we would like to speak to you about how you think specialist CAMHS services can best be designed and run.

We recognise you are experts by experience and we really value your contribution! So you will be paid for your time.

If you would like to get involved you can speak to your worker who has the details or you can contact [emma.n.wright@exeter.ac.uk](mailto:emma.n.wright@exeter.ac.uk)