

Frequently Asked Questions about Transition to Adult Mental Health Services

What services are available in adult mental health services? There are a range of mental health services available in Hull and the East Riding. Some support can be provided in what is called 'Primary Care'. This can include having some support to make practical changes in various areas of your life, and access to some talking therapies.

Some people are more appropriately supported by 'Secondary Care' mental health services- the information on this page is most relevant to these types of services. Often this will involve being referred to a particular team that covers the area you live in. In this team, you will usually be allocated to a keyworker who will be the main contact for you and organise your support from adult mental health services. These teams are usually made up of a range of professions, such as nurses, social workers, occupational therapists, psychologists and psychiatrists. You may not see all of these clinicians, but your keyworker may speak to them to get advice on what to do to support you. You might also see some of them for specific things at some point during your time with the team. There are also a range of other services available that focus on specific things, such as particular types of talking therapy (e.g. Family Therapy, Dialectical Behaviour Therapy, Psychoanalytic Psychotherapy). Your keyworker in adult mental health services will be able to talk to you if they think one of these services could be helpful, and if you would like to know what services exist, ask your keyworker. Usually, your keyworker will remain involved with you if you are referred to one of these more focused services, though some will be happy to become your new keyworkers later on in your support.

How do I get referred to adult mental health services? If you are already receiving support from a CAMHS service provided by Humber Teaching NHS Foundation Trust, discuss with your CAMHS worker, as they are able to transfer you directly into an adult mental health service if appropriate. If you are not under a CAMHS service and you are over 18, you can self-refer to adult mental health services by calling **0800 138 0990**.

How long will I be waiting? It depends on which service you are being referred to. Sometimes you will continue seeing your CAMHS worker until the point a clinician from the adult team can see you. For other services, there might be an overlap and you will see clinicians from both teams at the same time. If you have to go onto a waiting list, usually someone will remain in contact with you from the adult mental health service until you are able to see someone, and they will give you the details for who to call if you have any difficulties whilst waiting. Speak to your



CAMHS worker to discuss what would work best for you, and what might be possible for the adult service you are being referred to.

Who is ‘in charge’ during my transition to adult mental health services? Your CAMHS worker and adult mental health service should agree together who has what responsibilities in your support, and this should be clearly communicated to you, so that you always know who to contact for what whilst you are being transferred from CAMHS to adult mental health services. Usually, your CAMHS worker will remain the main keyworker until you turn 18; after that, it depends on what would be most helpful for you as to whether CAMHS or adult mental health services take the lead. If you have a preference, discuss this with your workers so that they can take your views into consideration.

What if I don’t understand something during the transition? Transition into adult mental health services can be a stressful time, with a lot of uncertainty. If you are unsure about anything, ask your workers. If you do not feel comfortable doing so, you can ask someone to help you speak with them.

Is there a transition plan I can see? There is a link at the bottom of this page for the ‘Leaving CAMHS Passport’ which you are welcome to download or print, complete as much as you want, and give this to your CAMHS worker, to help make sure your views are included in the transition plan. Sometimes adult mental health services and CAMHS will meet to discuss possible options before discussing these with you, so completing the passport before this will help ensure your views are included in that meeting. The transition plan should be agreed between the services and documented in your notes, so if you would like to know what is in this, ask one of your workers.

Will I have to start all over again? Sometimes you may have to explain some of the things that have already happened or been done to your new support team in adult mental health services. Most of this is likely to be in your notes, so if it is particularly difficult for you, you could ask them to look in your notes, however they may also want to hear it directly from you. Part of the reason for us developing the ‘Leaving CAMHS Passport’ was to reduce the need for you to go back through everything with a new person, so you can use the passport to summarise some of the most important information you would want your new adult team to know, so that they can read this easily.

Will I get a diagnosis? A diagnosis is a label that is given to describe someone’s experiences. CAMHS and adult mental health services sometimes use diagnostic labels differently, and different services within CAMHS and adult mental health services also use them differently. If a diagnosis is important to you once you move into adult mental health services, you can ask to speak to a Consultant Psychiatrist, as they would often be most likely to review your



experiences and give you a diagnosis. If you are unsure if you have a diagnosis, ask your workers. If you are given a diagnosis and want to know more about it, ask your workers or stick to mainstream websites such as the NHS or Mind when looking for information.

Do I need a diagnosis to get help in adult mental health services? Diagnosis is one way of understanding someone's mental health, and you do not need a diagnosis to access support in adult mental health services. Sometimes a 'formulation' is developed, which aims to understand how what has happened to someone influences them now. This doesn't usually involve a diagnostic label, and instead looks to link different experiences and difficulties together to understand how mental health services can help.

What if I am in hospital when I turn 18? If you are in hospital when you turn 18, and the hospital think you need to remain there, you will usually move to an adult mental health hospital for people over 18. Usually, your community service would still be transitioned over to adult mental health services, so that they are able to begin to get to know you whilst you remain in hospital and start planning with you and the hospital for your discharge from hospital.

Will I get discharged from adult services if I don't attend? It depends. If you have difficulties with your mental or physical health that make it difficult for you to attend, your adult service may make attempts to support you to attend or engage more fully. At the same time, as someone over 18 you will have the right to decline support, so if you are not attending, you may be discharged from your adult mental health service. This would mean you would not have an open referral to the team, and they would not be providing any routine or planned support. If that happened, you would still be able to access support as and when you needed it via the Mental Health Advice and Support Team, 24/7, by calling **0800 138 0990**. **If at some point in the future you did want to attend your appointments more consistently, you could re-refer yourself using this number and ask to be put back through to a service to support you. If you are worried about being discharged because you find it difficult to attend appointments for whatever reason, discuss this with your CAMHS worker and adult workers during the transition process.**

Can my parents still be involved in my support? If you want your parents, or anyone else, to be involved in your care, you can ask your adult workers to include them. You can choose what information is shared with them, and what information is not, and your workers should respect this, unless they have concerns for your safety or that of someone else, in which case they are able to break your confidentiality. They would ordinarily tell you if this is the case. **At the same time, adult mental health services do place greater focus on the individual. Whilst in CAMHS you may have seen your CAMHS team not very often, but they might have met with your parents or family**



more frequently; this is unlikely to be the case in adult mental health services, where you would be expected to be part of most appointments. There is often an option to work as a family if this would be helpful, for example in Family Interventions or Family Therapy.

What support can my parents or family have? In adult mental health services, people who support individuals in services are often referred to as 'carers'. This includes family and friends, and anyone else who provides unpaid support to you. Whilst these individuals may not consider themselves to be 'carers', this is the term that is usually used. They can access specific carer support, including assessments for their own wellbeing in relation to the support they give to you.

If they live in the East Riding, further information can be found here: [Carers Support Service \(eastridinglocaloffer.org.uk\)](http://eastridinglocaloffer.org.uk)

If they live in Hull, further information can be found here: [City Health Care Partnership \(chcpcic.org.uk\)](http://chcpcic.org.uk)

If you experience difficulties with emotion dysregulation, people who support you can also access Humber Family Connections, which is a short group programme for supporters. Further information can be found here: [Humber Family Connections](#)

Being a parent of someone in adult mental health services can feel very different to being the parent of a child in CAMHS, as parents can often be less involved. This can be stressful and anxiety-provoking. If this is the case, parents (or others previously involved more heavily) can speak to the adult service, access some of the support above, or perhaps seek their own space to talk about their feelings and worries by calling 0800 138 0990 themselves where services such as counselling can be accessed.

Will I have to transition if I am under Psypher? If you are under 18 and receiving support from Psypher, ordinarily you will not transition to a different service when you turn 18.

More general information and people's experiences of transition from CAMHS is available from the following links...

[Information for 11-18 year olds on moving from CAMHS to AMHS - Mind](#)

[Transferring from CAMHS to Adult Mental Health Services | YoungMinds](#)

