Child and Adolescent Mental Health Services (CAMHS) teams are groups of Professionals who help children, young parents, parents and carers where there are mental health difficulties. We help children and young people (aged 0 to 18) who are having problems with things at home, in school, at college, growing up or with their families. From time to time, all young people may struggle with getting on with life. For example, if you are regularly feeling depressed, are self-harming or feeling anxious and worried you may benefit from a referral to CAMHS. We provide a therapeutic service, which means we listen to you and talk with you about your difficulties and work out ways of how to resolve them. The staff working in the teams are Nurses, Doctors, Therapists, Psychologists and Social Workers.

Contact
- **Telephone**: 01202 277000
- **Website**: [http://camhsdorset.org/](http://camhsdorset.org/)

Venue
- **Venue address**: Sentinel House 4 - 6 Nuffield Road
  - Poole
  - Dorset
- **Postcode**: BH17 0RB

Date/Time
- **Opening times**
  - Mon: 09:00-17:00
  - Tue: 09:00-17:00
  - Wed: 09:00-17:00
  - Thu: 09:00-17:00
  - Fri: 09:00-17:00

Service Details
- **Additional Information**: We offer services across Bournemouth, Christchurch, Poole and Dorset. Evening clinics and groups can be provided as and when requested by professionals. For more information and guidance about our service whether you are a child, young person, parent or professional, you can also go to [www.wheresyourheadat.co.uk](http://www.wheresyourheadat.co.uk). Our services are located across the county in a variety of settings, we aim to offer accessible venues for families, including venues in the community rather than in a clinic setting. Please contact each service if you have any special requirements which we need to take into account when you have an assessment or on-going intervention provided by us. First appointments are called assessments or a triage and children/young people can come on their own or with a parent/carer. We will ask lots of questions about home life, school life etc, what is good, how you want things to be different but any questions can be asked back and contact before your appointment if you have any questions about the assessment. At the first appointment we’ll explain confidentiality, sharing information and how we keep the information we have about safe. The CAMHS team usually offer assessments and appointments between Monday and Friday, tailored to meet your needs, sometimes early in the morning or after school/work. Some children and young people also need to access help out of these routine working hours, if this
would help you, your CAMHS worker will refer you to the CAMHS crisis and out of hours service. When a young person reaches 17 ½ and we feel they still need help from adult mental health services, CAMHS key workers will support and guide service users through the process.

Referral information

Professional and self-referral. Self-referral via your doctor/GP, schools nurse, trusted adult or other professional supporting your family. If you are a Professional wishing to refer, please contact the duty clinician weekdays between 9am to 5pm on the CAMHS locality numbers as follows:

- Bournemouth and Christchurch CAMHS, Shelley Clinic, 22 Tower Road, Bournemouth, Dorset BH1 4LB, 01202 646300
- Poole CAMHS, Poole Community Health Clinic, Shaftesbury Road, Poole, Dorset BH15 2NT, 01202 584600
- North Dorset CAMHS covering Blandford, Sherborne, Gillingham, Shaftesbury, Sturminster Newton areas. Based at Betty Highwood Unit, Blandford Community Hospital, Mildford Road, Blandford, Dorset. DT11 7DD, 01258 394149
- East Dorset CAMHS covering Ferndown, Verwood, Wimborne and Purbeck. Based at Delphwood Ashdown Close, Poole, BH17 8WG, 01202 605882
- West Dorset CAMHS covering Dorchester and surrounding areas. The Childrens Centre, Damers Road, Dorchester, Dorset DT1 2LB, 01305 255705
- Weymouth and Portland CAMHS Team. 48 Lynch Lane Weymouth DT4 9DN, 01305 762810.

Age Range Details
0 to 18 year olds.

Related Links
www.wheresyourheadat.co.uk

Age Range
0 years 0 months to 18 years 0 months

Accessibility

Wheelchair accessible
Ramps are available and lifts where required.

Parking availability information
On site parking is available at all sites including disabled bays. Charges apply in some areas.

Toilet facility information
Accessible toilets across all sites.

Other Facilities
All clinics and venues are different across CAMHS and information can be provided on request to meet particular needs.

Special Educational Needs and Disabilities Local Offer

Support for children and young people with SEN and disabilities
We offer specific help for children and young people with learning disabilities. As much as possible, we deliver treatment and support in people’s own homes and other community settings. We also have high-quality inpatient facilities for people who are severely ill and require intensive assessment, treatment and rehabilitation. The Trust also provides a dedicated Learning disability service across Dorset, Poole, Christchurch and Bournemouth. See our website for further information.