

City & Hackney CAMHS Hospital Discharge Care Plan

Child and Adolescent Mental Health Service
Children and Young Peoples Centre
15 Homerton Row
London E9 6ED

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Website: www.cityandhackneycamhs.org.uk

Dear

Thank you for meeting with us today. This is a summary of the plans that we have made together.

Plan for now

Next Steps

We will

You will

Things that may help you – Useful Numbers and Contacts, Websites and Apps

MindShift

<https://www.anxietybc.com>

MoodTools

<http://www.moodtools.org/>

Young Minds

www.youngminds.org.uk

Helpline: 0808 802 5544

Samaritans

www.samaritans.org.uk

Helpline: 116 123 (24 hrs)

Childline

www.childline.org.uk

Helpline: 08001111 (24hrs – 18 years and under)

City & Hackney Crisis Helpline

0208 432 8020 (24hrs)

Signed by Young Person **Date**

Signed by Parent/Carer **Date**

Signed by Clinician **Date**