



## City & Hackney CAMHS Hospital Discharge Care Plan

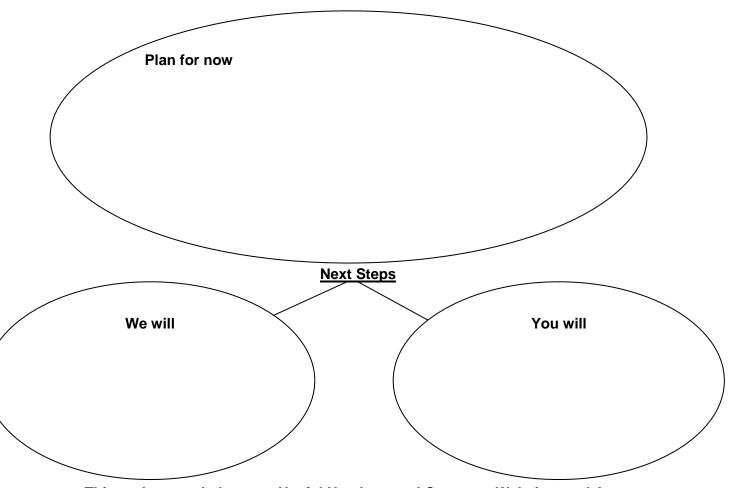
## Child and Adolescent Mental Health Service

Children and Young Peoples Centre 15 Homerton Row London E9 6ED

Tel: **020 3222 5600** Fax: **020 3222 5792** 

Website: www.cityandhackneycamhs.org.uk

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



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

MindShift MoodTools Young Minds

https://www.anxietybc.com http://www.moodtools.org/ www.youngminds.org.uk Helpline: 0808 802 5544

Samaritans Childline

www.samaritans.org.uk www.childline.org.uk

Helpline: 116 123 (24 hrs) 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