

Whatever your age, It's your information, so it's your choice



If you are over 16 years old, everything you talk about while you are accessing CAMHS will be kept confidential. This means that the service won't tell anyone else what you say in your sessions, and your parent or carer will not be involved unless you would like them to be.

If you are under 16 years old:

- The only people who'll automatically know you are accessing CAMHS are your GP and whoever referred you.
- Your service might encourage you to involve your parents or carers if they believe it will benefit your care - you'll be able to work with your clinician to decide what this looks like.
- Your parents or carers would only be involved without your agreement if you are not at that time well enough to make decisions about your treatment on your own.

However old you are, there are very rare situations in which your information might be shared without your consent for safety reasons: for example if you are at immediate risk of hurting yourself or someone else.

If your clinician does need to tell your parent or carer about something you've told them, they should carefully explain to you what they will be sharing, and who they will be sharing it with.