

Welcome to *Islington* CAMHS

C CAMHS Youth **C** **YB** Board **YB**

Islington CAMHS are setting up a CAMHS Youth Board as an exciting opportunity for young people to have their say, make changes and decisions in their mental health service and to develop new skills.

The Youth Board is a great opportunity if you are over 13, live in Islington and are interested about sharing your views. You could be currently using CAMHS, have in used the service in the past or have never been involved in the service and would like the opportunity to be involved.

What do young people who are involved think?

It gave me lots of opportunities to be involved in loads of cool things and we get paid for some of it too! I was involved by going to workshops, being on interview panels, going to important meetings and getting the chance to have my say.

It is good to get to have my say and to be able to actually make changes from my point of view. It felt good to be taken seriously and to have my opinions valued.

By being involved I developed lots of new skills and it also allowed me to put loads of interesting things on my C V. It also helped me to meet new people and I saw my confidence grow.

If you would like more information or are interested in becoming a part of Islington CAMHS Youth Board then please contact

Lucy McGregor on 020 3316 1824
or email lucy.mcgregor1@nhs.net



