

Introducing Our Child and Adolescent Mental Health Service (CAMHS) Facilities

Accessing our Services

Children and young people are referred into our service in a number of ways; including from private, family and primary healthcare doctors, and schools etc. Once a referral is received it is screened by the CAMHS multidisciplinary triage team – this happens on a weekly basis. An appointment is then given based on presenting risk and the needs of the individual. The family will be contacted when details of the appointment are arranged.

Interagency Work and Confidentiality

If there are other professionals involved it is very helpful for us to share information with them. All information is shared on a “need to know” basis. This is why we ask for your consent to share information. We will not share information without your consent unless we are concerned that a child or young person is at serious physical or emotional risk. If we have such concerns we have a professional duty to share information which is in the child’s or young person’s best interest.

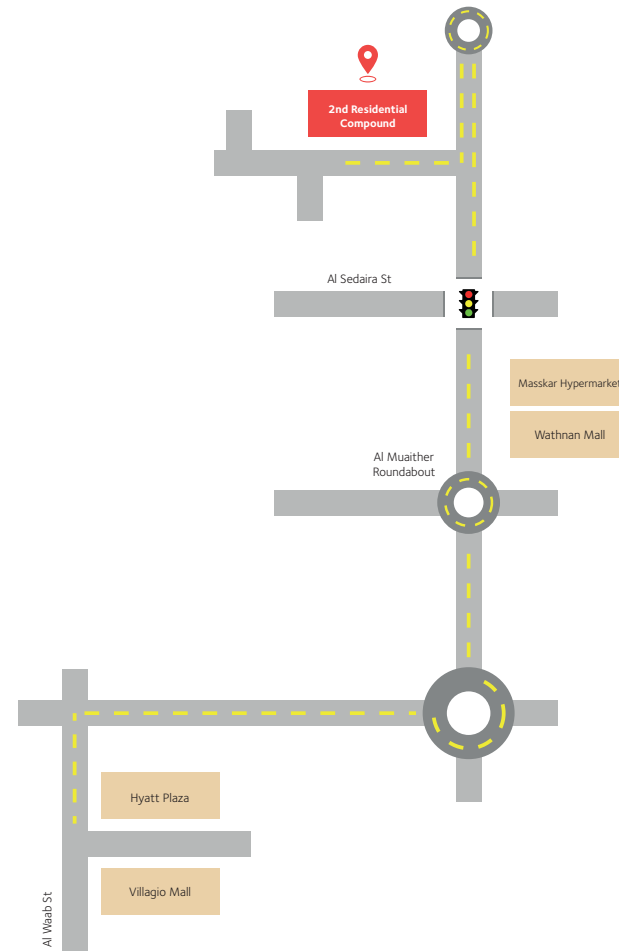
How to find us:

Our new facility is located in the Muaither area of Doha. We have created a location map and provided written instructions to ensure your first journey to our new location is problem free.

Directions

1. Arriving from the Al Sadd direction	2. Drive down Al Waab Street towards Villagio Mall, passing Hyatt Plaza
3. At the Hyatt Plaza traffic lights, turn right	4. Continue straight until the first roundabout (Muaither Roundabout)
5. Turn left the Muaither Roundabout (3rd exit)	6. Continue straight, past two sets of traffic lights to a small roundabout

7. Take a U turn at the roundabout	8. Take the first slip round on the right
9. The new residential facility is on your right.	



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Introducing Our Child and Adolescent Mental Health Service (CAMHS) and Facilities

Mental Health in Qatar

Mental illness is common in all societies, including Qatar. According to the latest research, one in five people in Qatar will experience a mental illness at some stage of their life. There are many different types of mental illness ranging from the mild, to the severe and complex. With effective and appropriate treatment and support, mental illnesses are manageable and treatable.

Service Developments and Improved Facilities

Hamad Medical Corporation's (HMC) Mental Health Services are undergoing a number of developments in response to the release of the Qatar National Mental Health Strategy (2013–2018), issued by the Supreme Council of Health. These developments will see an expansion of existing services, and the introduction of new services and new facilities – all designed to provide the people of Qatar with the best possible mental health care.

Providing Care in a Community-Based Environment

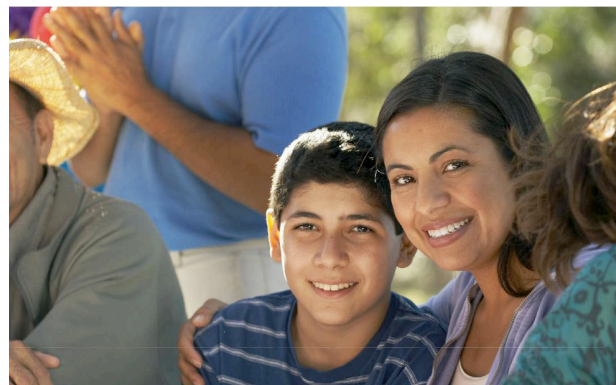
Our child and adolescent services now offer specialized treatment outside of a hospital setting, in an environment conducive to health and recovery for children and young people who do not require inpatient care. This community – based location aims to provide an environment where children and their families can feel at their most comfortable. It is an ideal place for us to tailor our treatment and care to the needs of each individual child.

What does the Child and Adolescent Mental Health Service offer?

The Child and Adolescent Mental Health Service is a specialized multi-disciplinary service for children and young people up to the age of 18. We offer a broad range of services, which support the emotional wellbeing and mental health of children and young people in Qatar – also providing support to their families and carers. The service offers assessment and treatment of a wide range of child and adolescent mental health problems including complex cases. Additionally, we undertake consultation and liaison work with other agencies.

Our services include:

- Parenting groups
- Family work/ therapy
- Individual therapy
- Play therapy
- Cognitive behavioral therapy
- Solution focused brief therapy
- Group work
- Psychiatric intervention
- Psychotherapeutic intervention
- Counseling, and where necessary, medication



Introducing our Specialist Team and their Roles

- Child and Adolescent Psychiatrist: Doctors with specialist training in child and adolescent mental health. They provide assessment and treatment for mental health difficulties.
- Clinical Psychologist: Psychologists with specialist training in psychological approaches to the treatment of mental health problems.
- Community Mental Health Nurse (CMHN) and Clinical Nurse Specialist: Nurses with specialist knowledge and training in mental health.
- Occupational Therapist (OT): Therapist who uses play and other activities to understand and help with feelings and worries that impact on day to day living. They promote wellbeing through everyday activities.
- Family Therapist: Therapist who works with the whole family to make changes to the way family members relate to each other.
- Speech and Language Therapist: Therapist who works to assess children's speech and provide intervention for their language and communications.
- Social Worker: Identifies children in need or at risk/ supports and refers to children and family services.
- Administrative staff: Team members who organise appointments, answer the phone and provide admin support.
- Students: CAMHS teams have a responsibility to provide training. Sometimes students may be involved in the work of the team. If you are not happy with this then please let us know before your appointment. This will not affect your treatment in any way.