



# Child and Adolescent Mental Health Services (CAMHS)

*- Tell us your experience!*

We are seeking the views and experiences of children and young people living in Hull and the East Riding of Yorkshire who use the CAMHS service to help us improve it in the future.

## Ways to get involved:

Online survey— [click here](#).

Online focus groups—  
Thursday 30 July, 10am-11.15am  
[sign up here](#).

Wednesday 5 August, 1pm-2.15pm  
[sign up here](#).

**Take part in our survey and you could win a Fitbit!**