



**Oxford Health**  
NHS Foundation Trust



**Buckinghamshire CAMHS**

# **Intensive Home Treatment Team (IHTT)**

# Who are we?

We are a team of mental health and allied professionals who come to your home to help you through a mental health crisis.

We can visit once or even a few times a day if you need it.

Our aim is to help you feel safer and more supported in the home and support you through what will likely be a very challenging time for you.

# Confidentiality

Everything you tell us is private, unless we are worried about your safety or the safety of someone else.

If we do need to share something with another service or team, we will be as open with you as possible.

# Who do we help?

We are able to support you if you:

- ✓ Are under 18
- ✓ Live in Buckinghamshire or have a Buckinghamshire GP
- ✓ Are having a mental health crisis that can be managed at home
- ✓ Are feeling very distressed or unable to do daily things

# What do we offer?

We work with you, your family, and your regular CAMHS team to make a plan that fits your needs. This could include:

- Checking in on how you are feeling
- Helping with medication
- Talking therapies (short or medium term)
- Home visits (sometimes more than once a day)
- Parent and family support
- Recovery activities
- Planning for what happens after IHTT support ends.

# Our hours

Mon to Fri: 9am to 5pm

Sat & Sun: 10am to 6pm (Bank holidays included)

# How can you contact us?

Call us during our working hours on:

01865 901 951 (Select option 6)

If you need urgent help when we are closed, you can call the Bucks CAMHS Crisis Team:

01865 902 000

Email: [buckscamhsadmin@oxfordhealth.nhs.uk](mailto:buckscamhsadmin@oxfordhealth.nhs.uk)

# Where are we based?

Address Sue Nicholls Centre  
Bierton Road  
Aylesbury  
HP20 1EG

Phone 01865 901 951

Website <https://oxfordhealth.nhs.uk/camhs/bucks/>

## Accessibility

An accessible version of this leaflet can be found on our website: [www.oxfordhealth.nhs.uk/leaflets](http://www.oxfordhealth.nhs.uk/leaflets)

## Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971

Email [PALS@oxfordhealth.nhs.uk](mailto:PALS@oxfordhealth.nhs.uk)

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