

How are you?

Feeling low? Anxious? Stressed?

Do you need help or support in managing
your emotions?

Child and Adolescent Mental Health Service (CAMHS) can help

Our CAMHS Team are working with school staff to offer support around young people's mental health and wellbeing. You can talk to a teacher or member of staff and they can ask our advice on the best ways to help you. We will share ideas for how to make things better and can meet with you in school if things don't feel like they are improving.

You can also talk to your family, GP, school nurse or social worker (if you have one) who can let us know that it would be a good idea for us to meet with you for a chat about how you are feeling.

If you don't want to talk to anyone at school or home about how you are feeling you can come to the CAMHS drop in clinic, available for anyone aged 14 or over. It's open every Mondays at 2.30-4.30pm at East Laith Gate House in the Town Centre.

You can find out more information about CAMHS at <http://camhs.rdash.nhs.uk/>