Help for Kids
Leaflet for children under 11

unsure
angry
upset
worried
unhappy
Do you feel sad, worried or angry about things like being bullied, family difficulties or someone dying. Sometimes this can lead to problems at home and school. We are here to help.

**Who Are We?**
The Community Child and Adolescent Mental Health Service is a group of adults who can help children and families when they are having some problems.

In our team we have teachers, nurses, doctors and counsellors who are all trained in helping children to feel better.

**What can you do if you need help?**
- Ask your parents, the people who look after you, or someone at school, to get in touch with us.

---

**Information for Adults**
If a child shows you this leaflet and you would like further information about Community CAMHS, please ask your child’s teacher or family doctor.

**Community Child and Adolescent Mental Health Service**

0191 514 1622

Valley Road Community Primary School,
Corporation Road, Hendon,
Sunderland, SR2 8PL

Tel: 0191 514 1622 • Fax: 0191 510 0654
Email: carl.sketchley@suntpct.nhs.uk

This information can be made available in another format or language on request. Please contact the Communications and PR Team
Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk

Date: October 08   Author: Community CAMHS   Code: 1008/122