Information for young people

Community Child and Adolescent Mental Health Service
Who are we?
We are a team of teachers and health professionals who work with children and young people. We may be able to help with any difficulties you are having with your thoughts, feelings and behaviours.

How can we help?
We may offer some of the following:-

- individual work – where you and a member of our team will work together to look at the difficulties that you are experiencing
- family work or working with your school
• groupwork – where other young people with similar problems can share thoughts and ideas and can offer support in a group situation

Where can we see you?
We can be flexible. We can arrange to meet you at home, school, GP surgery or another venue which may be more suitable.

How to get in contact
You could either ask your parent/carer to speak to your teacher, GP or school nurse, or speak to them yourself, and ask them to make a referral to us.

Sometimes we may think someone else could help you during this time, and we may also talk about getting in contact with them.