

NEED HELP WITH YOUR MENTAL HEALTH?



WE ARE NOTTINGHAMSHIRE CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Are you having problems with your thoughts or feelings?

We're here to help.

ARE YOU AGED 12-18?

You do not have to see a doctor or other professional - you can get in touch with us yourself. You can do this online or on the phone.

ARE YOU A PARENT OR CARER?

If you are worried about your child, you can make a referral to us.

GET IN TOUCH

Call us on 0115 854 2299, from 8am to 5pm,
Monday to Friday.

To fill out our online form or find out more visit:
www.nottinghamshirehealthcare.nhs.uk/camhs

