

Parents/ Carers

Worried about a child or young person's behaviour or mental health?

You're not alone.

Call the free CAMHS Parents Helpline for confidential, expert advice:

0808 -802 -5544

CAMHS stands for **Child and Adolescent Mental Health Services**. CAMHS are the NHS services that assesses and treat young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, to name a few.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, support workers and social workers, as well as other professionals.

For other ways to get in touch, please visit CAMHS [contact page](#):

<https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/#what-is-camhs?>