



CAMHS

Further support and advice if you are waiting for an appointment.

● **YOUNG MINDS**
TEXT **YM** TO
85258

WE PLAN TO ENSURE ALL YOUNG PEOPLE CAN GET THE MENTAL HEALTH SUPPORT THEY NEED, WHEN THEY NEED IT. CHECK OUT THE 'GUIDE TO CAMHS' ON OUR SITE.

● **CAMHS TAYSIDE**
01382 204004

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES, COVERS A WHOLE RANGE OF SERVICES AND SUPPORT AVAILABLE TO YOU AS A YOUNG PERSON IF YOU ARE HAVING A DIFFICULT TIME WITH HOW YOU ARE FEELING, HOW YOU ARE COPING EMOTIONALLY, OR IF YOU ARE BEHAVING IN A WAY THAT'S NOT USUAL FOR YOU.

● **SAMH**
0344 800 0550

WE'RE HERE FOR PEOPLE, WHERE AND WHEN THEY NEED US. EVERY DAY, WE HAVE TEAMS REACHING PEOPLE ALL OVER THE COUNTRY. SO IF YOU'RE GOING THROUGH A TOUGH TIME, YOU'RE NOT ALONE. WE'VE GOT LOTS OF INFORMATION AND RESOURCES TO HELP.

● **NO PANIC**
0300 772 9844

NO PANIC HELPS AND SUPPORTS THOSE LIVING WITH PANIC ATTACKS, PHOBIAS, OBSSIVE COMPULSIVE DISORDERS AND OTHER RELATED ANXIETY DISORDERS. NO PANIC ALSO PROVIDES SUPPORT FOR THE CARERS OF PEOPLE WHO SUFFER FROM ANXIETY DISORDERS.