



Step into CAMHS

Anxious, unhappy, stressed, Bullied, Misunderstood, Sorry, rejected, Scared, panic, lonely, sad, hopeless, paranoid, I'll, lost, Need help, Hurt, Afraid, Alone, low, Depressed, Down, Suicidal, upset, Panic, selfharming, unfair, Emotional, isolated, Angry, distress, Hate, Rage, Negative, grief, can't cope, abandoned, Don't know what to do, Nasty, unloved, Forgotten, picked on, Different, singled out, mistreated, restless, can't sleep, Bad, No future, Helpless, worthless, invisible, Need somebody, Not myself, Misplaced, Don't belong, Not Normal, powerless, Tearful, Racing Thoughts, Don't belong, Agitated

OPTIMISM

HAPPY

POSITIVE

FUN

It would be helpful to talk to somebody who understands...

The child and Adolescent Mental Health Services support young people going through an unstable part of their life. If you think you are suffering from problems like Low Mood, Self Harm, Social Anxiety, Specific phobias and obsessive compulsive behaviours you can now refer yourself instead of being referred through your Gp. If you are experiencing any of the above you may feel like you can't cope and can't control your emotions. It may be helpful to talk to someone like them...

Who? If you are between 14-18 yrs and are registered with a GP in Doncaster

When? Mondays 2:30-4:30pm

Where? Floor 3, East Laith Gate House, East Laith Gate, DN1 1JE

Please note this service does not replace any urgent mental health referrals or Young People's Safeguarding responsibilities which should still be referred through the existing pathways