



# Supporting mental health is everybody's business...

The majority of children and young people develop healthily and are fully supported by settings like schools and early year's centres.

However, mental health problems are more common than you think:

In the UK, around **one in ten** children and young people have problems with their mental health or emotional wellbeing at some stage, that's three in every school class.

To find out more about Norfolk's Child & Adolescent Mental Health Services please go to...

[www.everynorfolkchildmatters.org/camhs](http://www.everynorfolkchildmatters.org/camhs)

## Information is available on...

- What to do if you are worried about a child or young person
- What you can do and how you can help
- How to contact Norfolk's CAMH Services



**"They knew how to deal with me. That's the most important thing."** Steven



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## I have been referred to CAMHS, does that mean I am 'mental'?

Because we have the word **'mental'** in our name, lots of people get worried. There is a lot of stigma about the word **'mental'** and it can mean lots of different things. We use the word to describe all the things that go on in your mind, not to label you in any way. To us, mental health means the same as physical health – we want you to look after your mind as you would the rest of your body.



**What can you do to help?**

### Children and young people

confide in people they feel most comfortable with so here are some practical things you can do to help:

- ✓ **Listen**
- ✓ **Accept what you are told**
- ✓ **Record the concerns you have, don't ignore them**
- ✓ **Know your limits, find out about other services and help**

**"I was really nervous; I thought they would lay me down on a couch or something! But the psychologist was called Martin and he was funny, and really down to earth. He wasn't reading questions off a clipboard and he seemed to genuinely care. I wasn't just another statistic or a day at work for him."** Sam



If you need this information in large print, audio, Braille, alternative format or language please contact 01603 638322 and we will do our best to help you.



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