

Is your child anxious and upset? Are they having lots of problems sleeping, or problems at school? Are there lots of arguments and conflicts that are difficult to resolve?

Or are you under 18 and feel angry, anxious or upset and would like someone to help you feel better?\*

Free help is available from psychologists working with children and young people at *Rudans vårdcentral* who have years of experience. We offer both effective psychological treatment and supportive discussions for children, young people and parents.

To book an appointment:

Call 08 606 41 98 and leave your phone number with the answering service. Remember, we will call you back from a hidden number.

\* For children aged 0-5 years, contact the BVC (child health centre) for referral to Malinamottagning (a psychological clinic).