



Are you experiencing anxiety, stress or other emotional issues?



Bucks CAMHS are happy to talk with any young person about their mental health needs. Following this conversation, for some young people, we can take referrals over the phone.

You do not need to see a doctor or other professional to make contact with Buckinghamshire Child and Adolescent Mental Health Services. You can refer yourself directly.

The telephone number is **01865 901951** and it is open from 8am to 6pm, Monday to Friday.

You will speak to a specially trained professional who will ask you some questions and talk to you about how they can help.



For more information about the service please visit www.oxfordhealth.nhs.uk/children-and-young-people