

Are you worried?

Sad?

Angry?

Can't sleep?

Do you have **butterflies**
in your **tummy**?

If you feel any of these things, **talk to your parent or carer**, your teachers or another **adult you trust**.

They can help you to get help from us.

Talk to an adult

We are the **Mental Health Support Team** and we're here to **help you feel better**.



CAMHSGettingHelpEast@berkshire.nhs.uk



cypf.berkshirehealthcare.nhs.uk/mhst



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