



Somerset
NHS Foundation Trust

Self-referral Child and Adolescent Mental Health Service

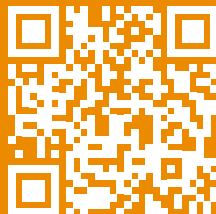
If you are aged 16-17 years and are struggling with your mental health you can now self-refer into our Child and Adolescent Mental Health Service (CAMHS).

We have bases across Somerset and offer support to young people in the community and in your home.

There are two ways to self-refer into CAMHS:

Online: **www.somersetft.nhs.uk/camhs**

Telephone: **0300 1245012**



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