



Is your child or youth 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 *Aleris 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.

If you would like to drop in and book an appointment with our reception desk, you can turn up at Rudans vårdcentral between 2pm and 3pm on weekdays.

By all means take a look at www.rudansvardcentral.se for more information.

