

Första Linjen - Mental Health Clinic for Children and Young People

Not feeling that great and would like someone to talk to?

Are you as a parent worried about your child?

Welcome to Första Linjen! If you are 6 - 17 years old then you and your parents can get help and advice if you:

- are feeling a little bit more down and unhappy than usual
- find it difficult to cope with stress and anxiety
- find it difficult to cope with anger and aggression
- have been closely affected by a death or crisis
- are having to deal with more problems than usual

About us who work at Första Linjen

We have broad expertise in children's and young people's mental health. Here, at Första Linjen, you can get help from

Första Linjen

Fortunagatan 1

621 39 Visby

Telephone advice 0498 26 80 86

Telephone hours:

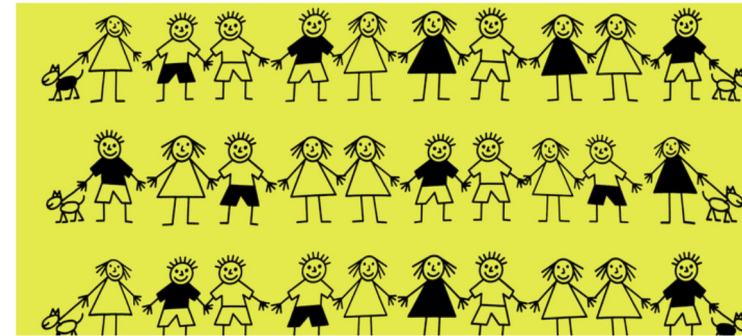
Monday, Wednesday, Friday 8 a.m. - 10 a.m.

Tuesday, Thursday 1 p.m. - 3 p.m.

Out-of-hours services: Please leave a message on our answering machine and we will return your call during normal opening hours



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Visiting address Visborgsallén 19
Postal address SE-621 81 Visby
Telephone 0498 26 90 00
E-mail regiongotland@gotland.se
Website www.gotland.se



What happens when you come to see us?

At your first visit, both you (if aged 11+) and your parents will be asked to fill out a form that will help us assess your need for treatment.

We work together

So that we can help you in the best possible way, you will need to come regularly to the appointments that we agree with you. Consultation appointments are available during our normal opening hours between 8 a.m. - 4.30 p.m. On Thursdays the clinic is open between 10.30 a.m. - 7 p.m. This means that you will sometimes have to prioritise your treatment and appointments over your school/work.

Overall picture of your situation

Your first 1 – 2 appointments will only consist of assessment talks where we try to get a better picture of your situation and treatment needs. After these initial appointments, we will assess

Group Therapy

At Första Linjen, we usually start treatment with group therapy.

Group therapy is, for example, offered to parents in need of support or children and young people with anxiety, stress-related problems or any other mental health problems for which group therapy may be suitable. The reason for starting with group therapy is that it is the most proven method for treatment with very good results.

Short-term Therapy

Once therapy has started, you will be offered up to 5 sessions. We will then assess whether or not your therapy should be continued or stopped. Please note that last minute cancellations and missed appointments will be noted and discussed in your therapy.

To allow for changes to be made, you must be prepared to fully commit yourself and follow up on your therapy sessions,

Cancellations

If you need to cancel an appointment, please do this as soon as you can and no later than 24 hours before the scheduled appointment time. Please call 0498 26 80 86. When calling to cancel your appointment, please let us know if you would like us to make you a new appointment. Just leave a voice message at the same time as cancelling the appointment. If you do not leave a voice message then you will have to call us again for new appointment.

Missed appointment

Please note that if you continue to miss appointments, your treatment will be stopped. You will then have to contact us again for help.

For more information, please visit our website:

<https://www.gotland.se/forstalinjen>