

Contact details
Barn- och Ungdomsentrén (Children and youth entrance)

You can communicate with us the easiest by going to our
page at 1177.se
Children and youth entrance – mental health

There you have the opportunity to contact us via our
drop-in chat or use our e-service "**Contact me**"

Alternatively, you can contact us by phone:
060-67 76 00

Opening hours for the clinics:
Monday to Friday 08:00 – 16:00

Visiting address:
Torggatan 4, Sundsvall
The clinic is on floor 3, and there is a lift. Access code is required.

Nygatan 8 C, Örnsköldsvik
The clinic is on floor 3, there is a lift.



Welcome to
Barn- och ungdomsentrén

The child and youth entrance is a clinic for you or if you as a parent are concerned about your child's mental well-being and live in Västernorrland.

We belong to primary care, which means that we are like a health center, but only work with mental health. We meet you as a child, young person and you as a custodial parent or guardian.

You don't need to know why you are feeling bad. If you are worried, scared, sad, angry or if something else feels troublesome, you can come to us.

Sometimes it may be that you are visiting us because someone else is concerned about you, and it's perfectly okay for you to join in and just listen.

Many who visit us walk away with a good feeling afterwards, even if it was terrifying before.

We can help you ask things you didn't dare to ask before, so you can get the answers about things that are important to you. We can help you sort, understand and change things in your everyday life or things which affect your well-being.

With us, visits can take place both digitally and physically at a clinic. To find our clinics, you can visit our page at www.1177.se (Barn- och ungdomsentrén – Mental health)

We who work here are psychologists, counsellors and occupational therapists who are used to meeting and helping children and young people who feel unwell.



The children and youth entrance can help you who are between the ages of 6 and 17 and your custodial parents with problems such as:

- Depression
- Worry, fear and anxiety
- Stress and trouble sleeping which affect everyday life
- Interaction/connection
- Emotions and behaviours

**Barn- och ungdomsentrén
on Instagram:**



**Barn- och ungdomsentrén
at 1177:**



Scan the QR codes with your camera mobile, To directly visit the Barn- och ungdomsentréns (Children and Youth Entrance's) Instagram or 1177 page.