

How to get help

Speak to your GP and ask them to make a referral to the Under 5s' Clinic at CAMHS.

Tell your GP as much as you can about your concerns about your child.

What happens next?

When we receive your referral, we'll discuss it in our team meeting. We might ask you for some more information before making a decision.

If we feel that the Under 5s' Clinic isn't suitable for you at this time, we'll point you in the right direction so you can access the most appropriate support for you and your child.

Please note

The Under 5s' clinic is a non-diagnostic service. This means that we don't diagnose children with ADHD or ASC.

Our focus is on offering psychotherapeutic support for parents and pre-school children up to the age of 5.



Black Country Healthcare
NHS Foundation Trust

Contact Us

For more information, please contact your local Under 5s' clinic and ask to speak to the Under 5s Lead or secretary:

Dudley Under 5s (Pre-school) Clinic

The Elms Health Centre
Slade Road, Colley Gate
Halesowen
B63 2UR
Tel: 01384 324689

Walsall Under 5s (Pre-school) Clinic

The Canalside
Abbotts Street
Walsall
WS3 3AX
Tel: 01922 607400

Sandwell Under 5s (Pre-school) Clinic

48 Lodge Road
West Bromwich
B70 8NY
Tel: 0121 612 6620

Wolverhampton Under 5s (Pre-school) Clinic

Child and Family Service
The Gem Centre
Bentley Bridge Business Park
Neachells Lane
Wednesfield
WV11 3PG
Tel 01902 444021

Monday—Thursday: 9am—5pm

Friday: 9am—4.30pm

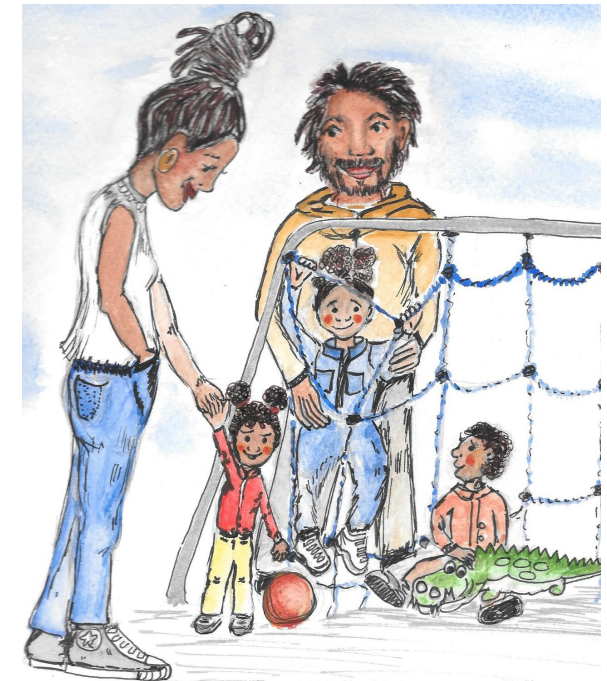
If you require this leaflet in another language or format such as large print, braille or easy read please contact the communications team on 01384 325022 or email bchft.communications@nhs.net




Black Country Healthcare
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CAMHS Under 5s (Pre-school) Clinic

Offering psychotherapeutic support for parents and pre-school children up to the age of 5



Together with you to achieve 
healthier, happier lives

Being a parent can be hard work. Sometimes being a baby or toddler can be hard work too.

Your child's first five years can be a special time. But it can be a challenge.

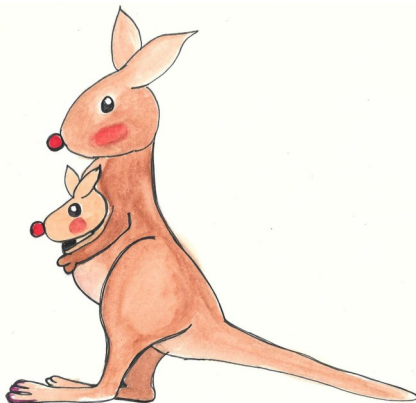
All sorts of things can affect your relationship with your child – from a difficult birth or family relationships to changes at home.

We can offer psychotherapeutic support to help you make sense of some of the things you may have been through together.

What is psychotherapeutic support?

It's a way of working together that gives you and your child space to talk, think and reflect.

We believe that by thinking together about your child's difficulties we can help make sense of their behaviour and, with time, see things start to change for the better.



What can I expect?

We offer weekly sessions where we'll meet with you and your child (and sometimes just with you if it might be helpful to have a parent-only session).

We'll bring toys to help your child communicate what they're thinking and feeling. Together, we'll watch your child play to help us understand the way they see the world.

We'll also talk together about things like family life, your child's development, and what it's like to be a parent.

You might also find it helpful to think about the impact your own past experiences may have on your relationship with your child.



Is it right for me?

The Under 5s' clinic can help you if:

- Your child has distressing temper tantrums and nothing seems to help
- You or your partner felt depressed after your baby was born and are worried you aren't getting on well with your child
- You are worried that your child is experiencing separation problems or difficulties with anxiety
- Being a parent stirs up confusing or unwanted feelings
- You or your partner had a difficult birth experience
- You are worried about the emotional impact on your child of a trauma or loss
- Your child seems unusually sad, anxious or angry
- Your child is struggling with sleeping or eating

