

INFORMATION ABOUT

Parental and child health

In parental and child health, psychologists and sociologists work to promote mental health and prevent mental illness in expectant parents as well as children age 0-6 and their parents.

We are here to help you with this

- Therapeutic treatment for anxiety, worry or depression linked to pregnancy or after childbirth.
- Treatment of fear of childbirth.
- Supporting parenthood.
- Support in pregnancy.
- Therapeutic treatment between child and parent.
- Child psychological counselling.
- Child psychological assessment.

After an initial assessment the therapist decides in consultation with the parent(s) which intervention is most appropriate. The visits are free of charge.



Contact Us

If your issues are not about your parenting, if they are long-lasting or very extensive you should seek treatment at your health center in the first place.

If you want to contact us for advice, you can reach us by telephone 063-15 36 07.

Telephone hours are Tuesdays and Fridays between 8.15-9.00.

You will find us heres

Parental and child health is available at Köpmangatan 24, floor 5 in Östersund.



IN CASE OF ACUTE PROBLEMS



If you are having acute problems you will need to seek help from the psychiatric emergency ward via telephone number 063-15 32 50.

In case of a life-threatening condition, call 112.