



**COSCA (Counselling & Psychotherapy in Scotland)**  
**16 Melville Terrace | Stirling | FK8**  
**2NE t 01786 475 140 f: 01786 446**  
**207**  
**e: [info@cosca.org.uk](mailto:info@cosca.org.uk) w: [www.cosca.org.uk](http://www.cosca.org.uk)**

**An NHS website resource for people working with children and young people.**

**Please click: <http://www.nhsfife.org/camhs-thingstotry>**

Things to try is a collection of resources to help support children and young people's mental health and wellbeing, put together by Fife CAMHS. Some are aimed at children and young people, some are more for parents and carers, and some are designed for professionals who work with children and young people.

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