



A Way In "En väg in" – mental health services for children and young people in Kalmar County

A shared contact route

A Way In is a shared contact route to Healthcare services for children and young people and Psychiatric services for children and young people (BUP) in Kalmar County. We help children and young people who need support on mental health issues find the right help.

When should you contact us?

You are welcome to contact us if you:

- Are the guardian or close relative of a child aged between 6 and 17 who has mental health issues.
- Are under 18 and experiencing mental health issues. These might be about worrying, anxiety, eating disorders, crisis, depression, relationship problems, or a suspected mental illness or functional impairment.

If you or your child already has a care services contact for mental ill health in Region Kalmar County, contact them directly.

How to contact A Way In

- If you are a young person you can contact us on your own.
- If you are a parent or guardian you can contact us for advice and assessments.

Phone us on 010-35 88 100

We are open weekdays between 08.00 and 16.30 (not on weekdays that are public holidays)

Via 1177.se you can book a phone appointment, send a message or self-refer.

Open 1177.se and log in with your e-ID. If your child is under 13, select "Agera ombud" ("as representative") to find the centre. Children who have turned 13 need to log in themselves.