



**AYRSHIRE
CANCER
SUPPORT**
Children & Young People



Children and Young People Service



If you are upset or worried about yourself or someone else who has cancer

Your parent or carer or someone else who supports you can ask us to help



This information tells them how to do that:

[Guide for families](#)

[Guide for Teachers, Doctors, Social Workers and other professionals](#)

Or Phone 01563 538008





We will arrange an appointment for you to see someone who can help.



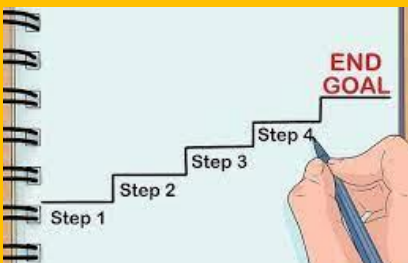
We will ask your parent or carer to come along with you.



The first time we see you will take up to 1 hour.



We will talk about what is happening in your life to work out how we can help you.



Together we will make a plan and arrange another appointment.



If there are things we think it would help for important people in your life to know we will talk to you about that.



We want you to be safe. If we are worried about you or someone else, we will tell someone who can help.