

Engelsk  
Barn/Children

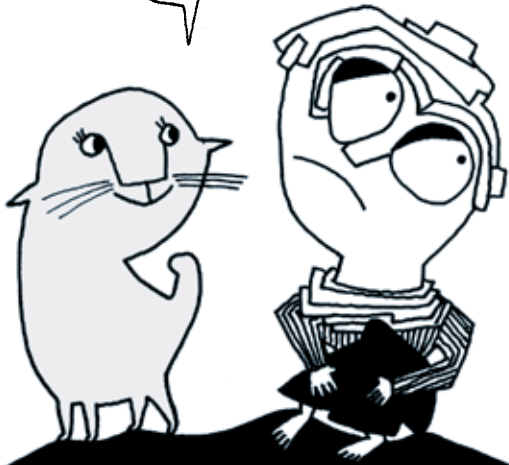
# BUP

BARNE-OG UNGDOMSPSYKIATRISK POLIKLINIKK  
THE CHILDREN'S AND YOUNG PEOPLE'S PSYCHIATRIC  
OUT-PATIENT CLINIC



...AND  
WHAT  
ABOUT  
ME?

IF YOU ARE  
FEELING VERY SAD...  
OR JUST A LITTLE...  
THERE IS A PLACE  
TO GET HELP:  
BUP!



BUP!  
BUP! BUP!  
NEVER!! BESIDES,  
I AM NOT SAD!  
I AM ANGRY!  
REALLY  
ANGRY!



NOBODY  
LISTENS TO  
ME, ANYWAY!



I WOULD  
RATHER BE  
BURIED IN A  
HOLE THAN GO  
TO BUP!



... HEY YOU...  
THERE REALLY ARE  
NICE PEOPLE THERE. THEY REALLY  
LISTEN TO YOU, AND THEY CAN  
MAKE THINGS BETTER. FIRST  
OF ALL, YOU AND YOUR PARENTS  
... OR THE GROWN-UPS YOU  
LIVE TOGETHER WITH, WILL  
GET A LETTER THAT TELLS  
YOU WHEN ALL OF YOU  
CAN COME FOR THE  
FIRST TIME.





HMM... IT DOES NOT LOOK SO SCARY, AND I WILL NOT BE GOING ALONE...

HI!! I HAVE JUST BEEN TO BUP, MAN! IT IS A LOT BETTER THAN I THOUGHT IT WOULD BE!



YOU CAN TELL THEM ABOUT HOW THINGS ARE GOING. OR, YOU CAN SHOW THINGS IN OTHER WAYS. LIKE PLAYING GAMES, DRAWING, OR SOLVING PUZZLES. BUT WILL TALK WITH THE GROWN-UPS TOO, ABOUT HOW THINGS CAN GET BETTER.





NOW, I HAVE  
BEEN AT BUP A  
FEW TIMES. IT WAS  
KIND OF HARD TO DO..  
BUT, KIND OF NICE,  
TOO... AND I AM  
FEELING MUCH  
BETTER!



DEVELOPED BY BUP  
AT NORDLANDSSYKEHUSET  
BJØRG EVA SKOGØY  
KRISTIN STAVNES



WITH SUPPORT FROM THE  
NORWEGIAN DIRECTORATE  
FOR HEALTH AND SOCIAL  
AFFAIRS



DESIGN AND ILLUSTRATIONS  
IBEN SANDEMOSE

