

Engelsk  
Ungdom/Youth

# BUP


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




CAN  
**BUP**  
HELP  
ME?



I AM NOT JUST ANGRY... I CAN SUDDENLY GET SAD, TOO... EVERYTHING IS WRONG! I WISH I HAD SOMEONE I COULD TALK TO...



HAVE YOU TRIED YOUR FRIENDS? OR YOUR PARENTS? WHAT ABOUT YOUR TEACHER, A NURSE, MAYBE A YOUTH SUPPORT TEAM, OR THE CHILD WELFARE OFFICE? ANY ONE OF THESE CAN HELP YOU WITH YOUR APPLICATION TO BUP.



... MAYBE BUP CAN HELP YOU ACCEPT YOURSELF JUST AS YOU ARE! I THINK YOU ARE REALLY GREAT. I DO!



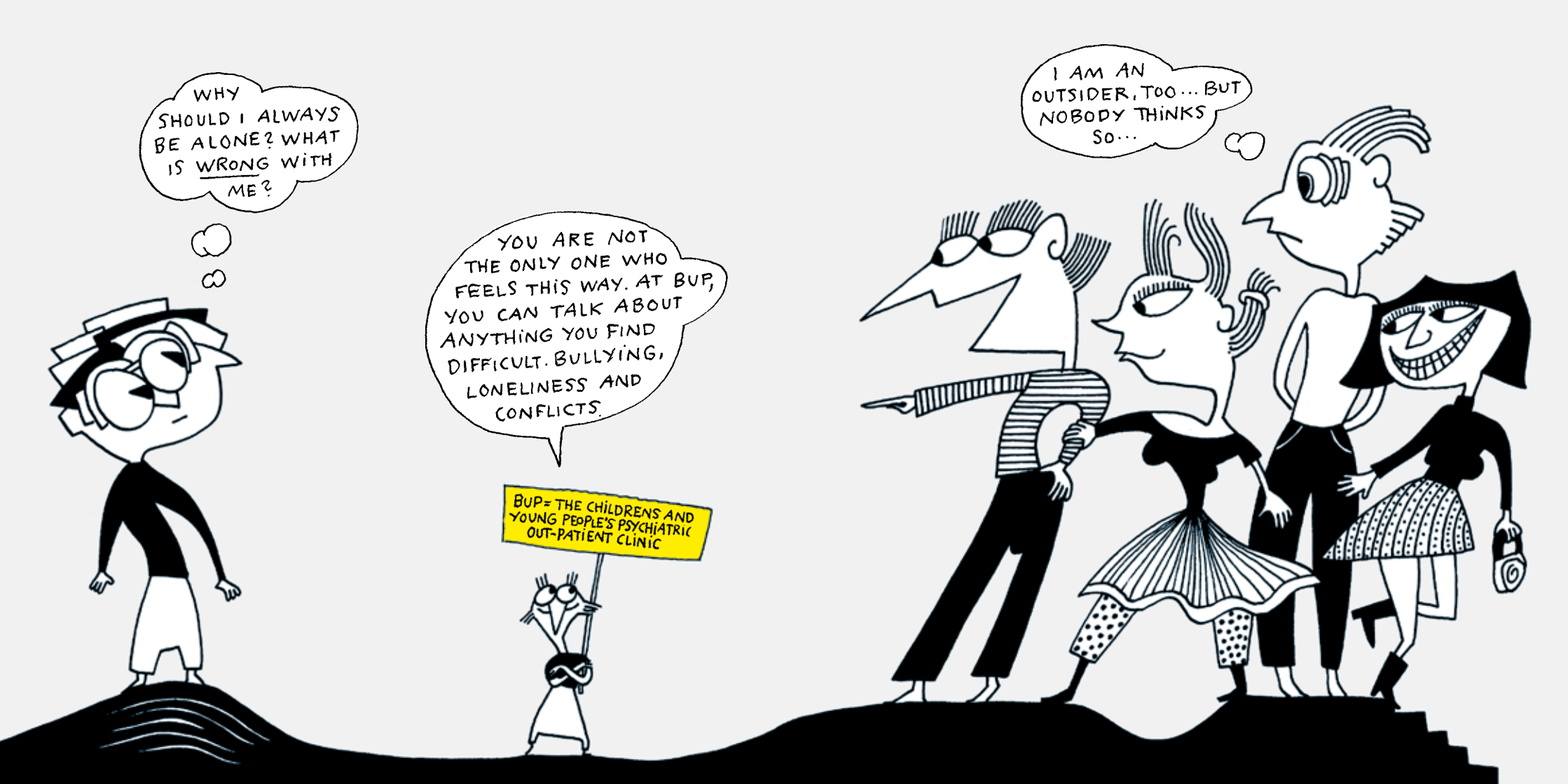
... AND WHAT ABOUT ME? FAT AND UGLY! IT DOES NOT EVEN HELP TO STARVE MYSELF... MY BUTT IS JUST AS BIG AS BEFORE!

WHY SHOULD I ALWAYS BE ALONE? WHAT IS WRONG WITH ME?

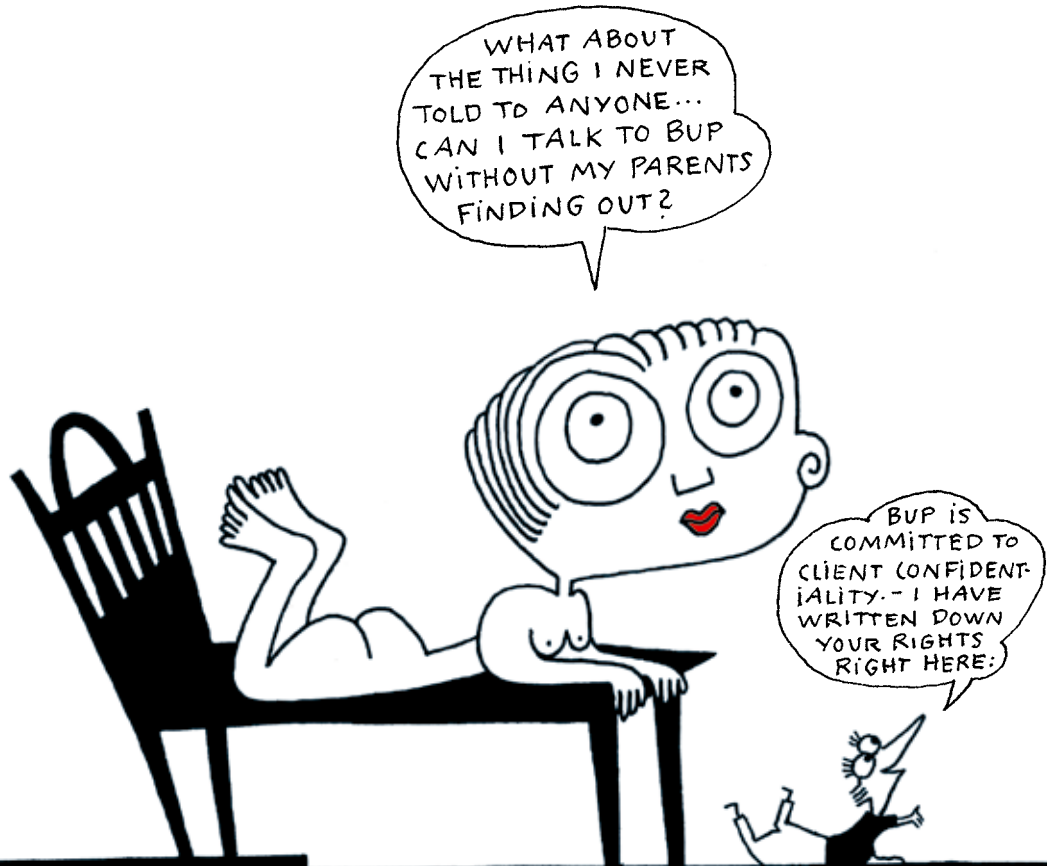
YOU ARE NOT THE ONLY ONE WHO FEELS THIS WAY. AT BUP, YOU CAN TALK ABOUT ANYTHING YOU FIND DIFFICULT. BULLYING, LONELINESS AND CONFLICTS.

BUP = THE CHILDREN'S AND YOUNG PEOPLE'S PSYCHIATRIC OUT-PATIENT CLINIC

I AM AN OUTSIDER, TOO... BUT NOBODY THINKS SO...



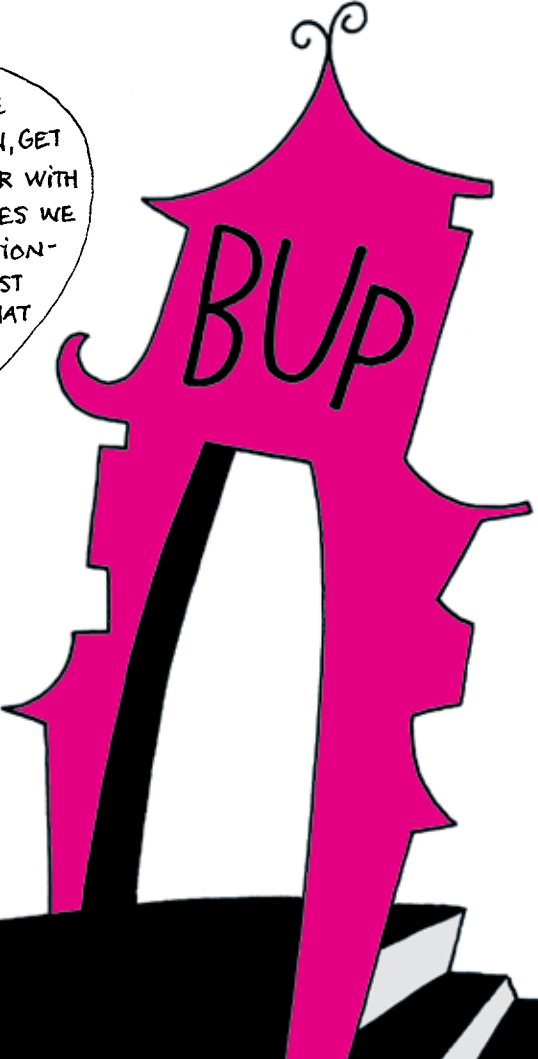
# YOUR RIGHTS



- BUP IS VOLUNTARY AND FREE
- BUP IS COMMITTED TO CLIENT CONFIDENTIALITY. NOTHING YOU OR YOUR PARENTS SAY IS TOLD TO OTHERS. THERE ARE A FEW EXCEPTIONS. WE WILL TELL YOU MORE ABOUT THIS AT BUP.
- IF YOU ARE 16 YRS. OLD OR MORE YOU CAN DECIDE IF YOUR PARENTS WILL BE TOLD ABOUT YOUR CONTACT WITH BUP.
- YOU HAVE THE RIGHT TO READ YOUR OWN JOURNAL (WHAT BUP WRITES ABOUT YOU) IF YOU ARE BETWEEN 12 AND 16 YRS. OLD, BUP WILL DETERMINE WHETHER YOUR PARENTS MAY READ YOUR JOURNAL OR NOT. IF YOU ARE OVER 16 YRS OLD, YOU MAY DECIDE YOURSELF.
- YOU HAVE THE RIGHT TO PARTICIPATE IN THE DECISIONS MADE CONCERNING WHAT WILL HAPPEN AT BUP.
- IF YOU ARE NOT SATISFIED WITH THE HELP YOU RECEIVE FROM BUP, YOU MAY MAKE A FORMAL COMPLAINT.

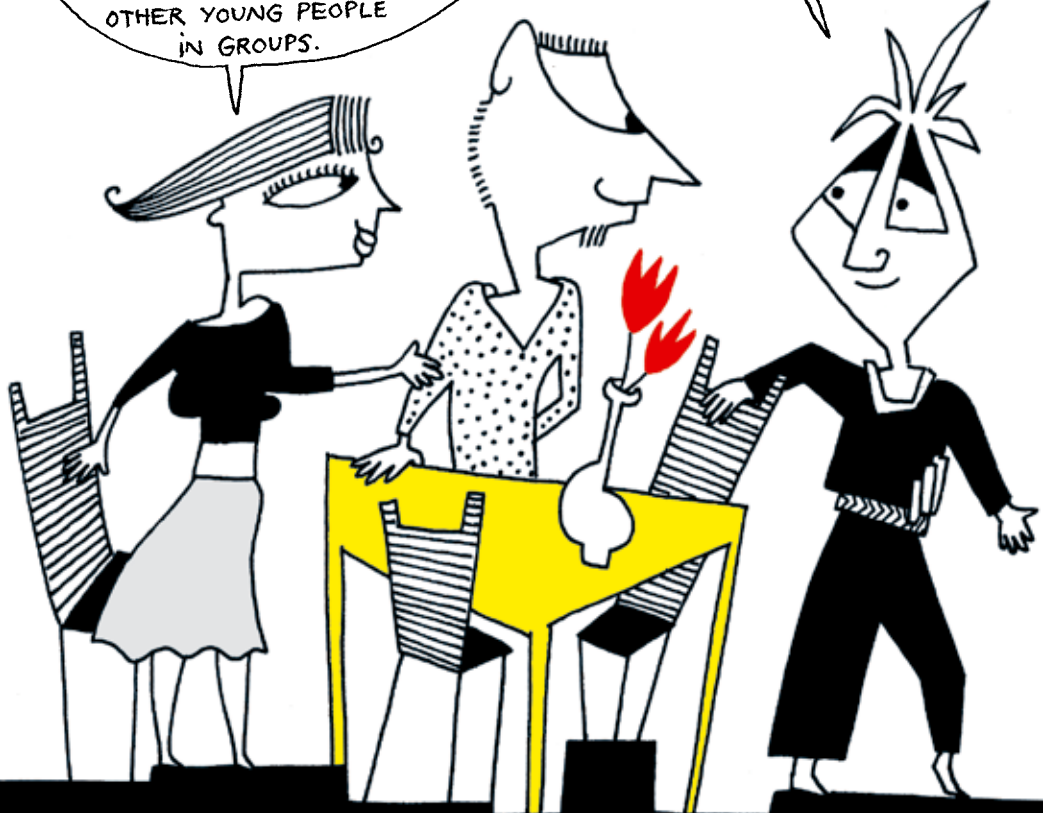
YOU CAN READ MORE ABOUT YOUR RIGHTS, AND OTHER STUFF ABOUT BUP, IN THE BROCHURE MADE FOR THE GROWN-UPS.

HERE IT IS! BUP!  
THE PLACE WHERE PEOPLE  
REALLY TALK WITH YOU, LISTEN, GET  
TO KNOW YOU. MAYBE TOGETHER WITH  
YOUR PARENTS, TOO? SOMETIMES WE  
USE ASSIGNMENTS AND QUESTION-  
NAIRES. ANYWAY, YOU ARE MOST  
IMPORTANT PERSON HERE! WHAT  
DO YOU FIND DIFFICULT? AND,  
WHAT ARE YOU HAPPY  
WITH?



IT WAS NICE TO MEET  
YOU! DO YOU THINK WE CAN WORK  
TOGETHER SOME MORE? WE HAVE  
LOTS OF POSSIBILITIES: WE CAN TALK  
TOGETHER, PRACTICE SITUATIONS YOU  
WANT TO BE BETTER AT, WRITE,  
DRAW, OR BE TOGETHER WITH  
OTHER YOUNG PEOPLE  
IN GROUPS.

YEAH...  
HARD TO SAY...  
I NEED TO THINK  
ABOUT IT A  
LITTLE...





IT IS NOT SO EASY  
TO KNOW ANYTHING,  
SINCE YOU HAVE  
NEVER BEEN  
THERE!



BUT, YOU WILL  
GET TO KNOW THEM!  
THEN IT IS NOT SO  
SCARY ANYMORE!



HOW MUCH DO  
YOU DARE TELL SOME-  
ONE YOU DO NOT  
KNOW...?



...NOW...WHAT  
WILL IT BE?



LITTLE OF EVERYTHING,  
ACTUALLY. I LIKE TO MAKE DRAWINGS  
ABOUT HOW I FEEL. LITTLE BY LITTLE, IT  
GET EASIER TO TALK ABOUT THINGS, TOO...  
AND MY PARENTS HAVE BEEN THERE  
WITH ME ONCE IN A WHILE... BUT, THE BEST  
THING IS THAT SOMEONE CARES! - AND  
WONDERS ABOUT ME, WHETHER I AM  
FEELING BETTER... THE ANSWER  
IS:





YES!

DEVELOPED BY BUP  
AT NORDLANDSSYKEHUSET  
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KRISTIN STAVNES



WITH SUPPORT FROM THE  
NORWEGIAN DIRECTORATE  
FOR HEALTH AND SOCIAL  
AFFAIRS



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[www.bupungdom.no](http://www.bupungdom.no)