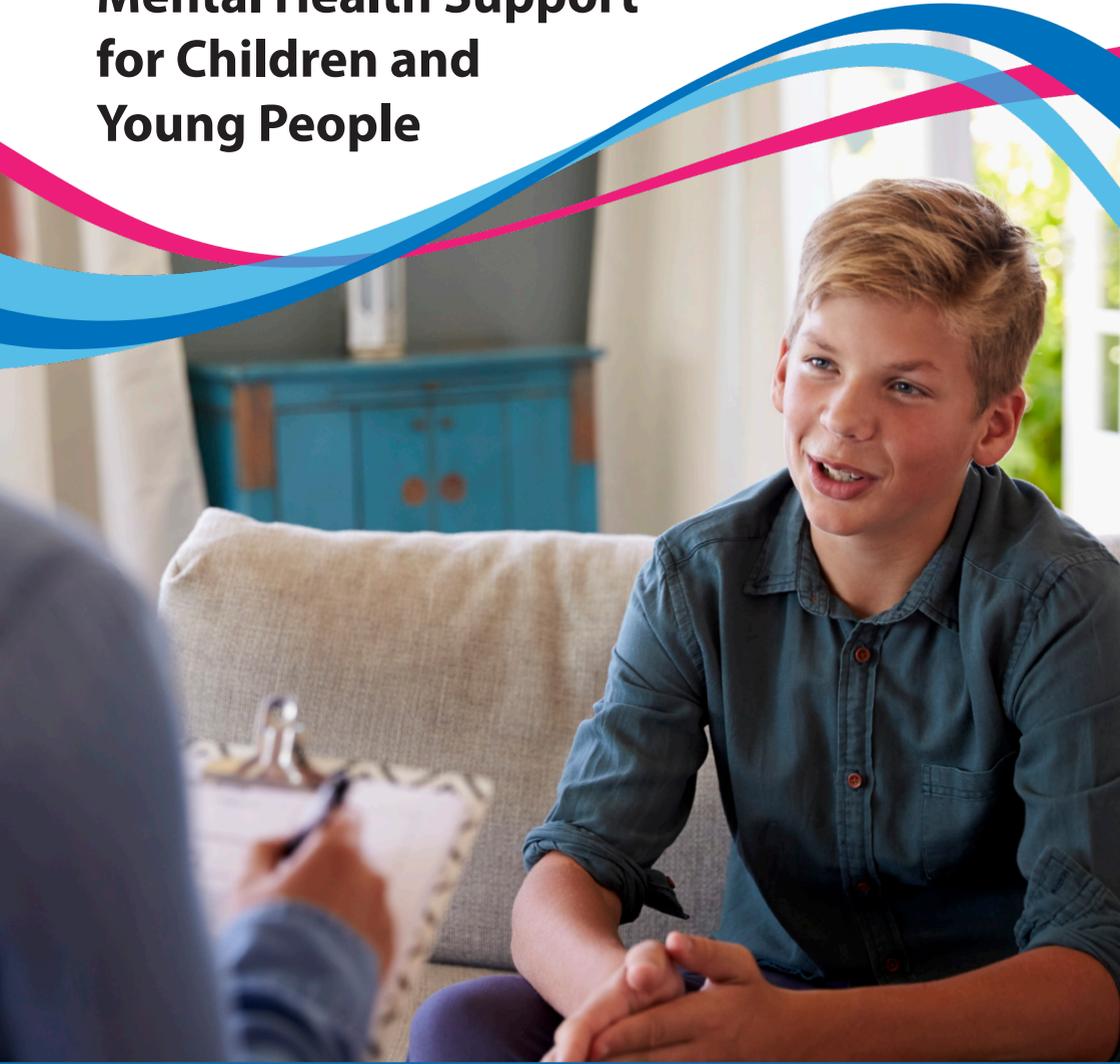




# Mental Health Support for Children and Young People



[www.bmindfulpsychology.co.uk](http://www.bmindfulpsychology.co.uk)

## When should I seek help?

It is often difficult to decide whether to seek help or to try and handle things on your own when you feel that your child may need help with their mental health or emotional well-being.

There may be a specific concern that you have such as anxiety, depression, anger, self-harming behaviour, eating disorders, suicidal thoughts etc or a specific neurological condition (ADHD, autism etc), or you may simply see that your child is:

- withdrawing from friends and family
- experiencing extreme mood swings
- worrying more than normal
- having thoughts and feelings that are difficult to cope with

Even if you're not sure if there is a specific mental health concern, seeking help and asking questions is the first step.

## Who are bMindful Psychology?

bMindful Psychology provide high quality therapeutic services for children and young people up to the age of 25 years.

Our friendly team of highly specialised and qualified clinicians have worked in the child and adolescent mental health sector for many years and will work with you to agree the best approach to support your child and your family.

We will identify the best support available to you, delivered by the most appropriate member of our team including Clinical, Forensic and Educational Psychologists, Psychotherapists, Creative Psychotherapists, Occupational Therapists or Speech and Language Therapists.

All our clinicians are registered with the relevant professional bodies for their role, which include the Health Care Professions Council (HCPC) and the British Association for Counselling and Psychology (BACP). bMindful Psychology is also an organisational member of the BACP.



## Our Specialist Therapy Services

Our priority is to help children and young people to improve their emotional and psychological well-being and our blended approach to delivery means that we can support your child and you through a variety of supportive services from formal assessments through to one to one therapy and support for families and carers.

We offer a friendly and confidential space for children and young people to explore their feelings with a trusted adult, with immediate access to a range of therapies to support a wide variety of mental health conditions.

Whether it's one to one therapy, direct consultation with parents and carers or a full wrap around support plan for the child, our team will help and support your child to thrive and achieve better and more sustainable outcomes.

Our services are:

- readily available, with initial telephone consultation being held within five working days
- tailored to the needs of your child and you, considering the best approach to be taken
- delivered in our therapy suite based in Cheadle or online
- delivered by a team of fully qualified and trained professionals who have substantial experience, appropriate qualifications and the right patience, warmth and energy to work with children and young people

We offer comfortable surroundings in which to focus on the individual needs of those seeking our help. From children and young people, through to parents, family members and carers, our team provide access to timely support, uniquely designed for your child and the community around your child.

## Why approach a private provider?

There are a number of reasons that individuals may approach a private practice such as bMindful Psychology to support them and their child, such as:

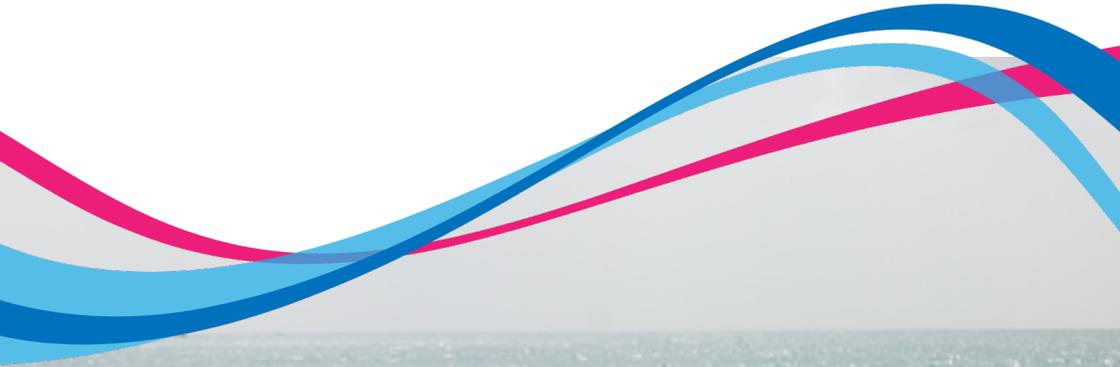
- There are no waiting lists. The support you need is available quickly without the need for a referral from your GP
- You may not wish to approach your GP but feel that confidential clinical support would help
- You may want to access treatment which is not available through the NHS
- You're not receiving the support you would like or feel would benefit you and your child
- You want more intensive support or support over a longer period of time
- You're looking for a specialist treatment or more choice of treatments and providers
- You want a second (or third) opinion
- We are a recognised provider with many leading medical insurance providers

## How do you access our services?

1. You can make contact with our practice either by telephone by calling **0161 510 0111** or completing our online referral form at [www.bmindfulpsychology.co.uk](http://www.bmindfulpsychology.co.uk)
2. A member of our team will arrange an initial free consultation which can be held over the telephone or via an online meeting.
3. A package of support and fees will be agreed with you, which may include 1:1 therapy sessions, guidance and support for parents and carers.
4. We will agree an appropriate review date to consider the support being provided and what next steps are beneficial.

Starting your journey couldn't be easier, please contact us to find out more.





**Get in Touch**



**bMindful Psychology, Hobart House, Cheadle Royal Business Park, Cheadle SK8 3SR**  
**Tel. 0161 510 0111 | [info@bmindfulpsychology.co.uk](mailto:info@bmindfulpsychology.co.uk) | [www.bmindfulpsychology.co.uk](http://www.bmindfulpsychology.co.uk)**

**bacp** | counselling  
Registered changes lives  
Member No. 276091

**hcpc**  
registered

**ACAMH** The Association  
for Child and Adolescent  
Mental Health

 The  
British  
Psychological  
Society

 **disability**  
**confident**  
EMPLOYER