

Talking Therapies

Information for schools

What does our talking therapies service do?

We use evidence based therapeutic interventions to support children and young people to develop coping strategies and address emotional issues they may be experiencing such as,

- Bullying
- Self Harm
- Relationships
- Confidence
- Anxiety and Depression

What does our talking therapies service do?

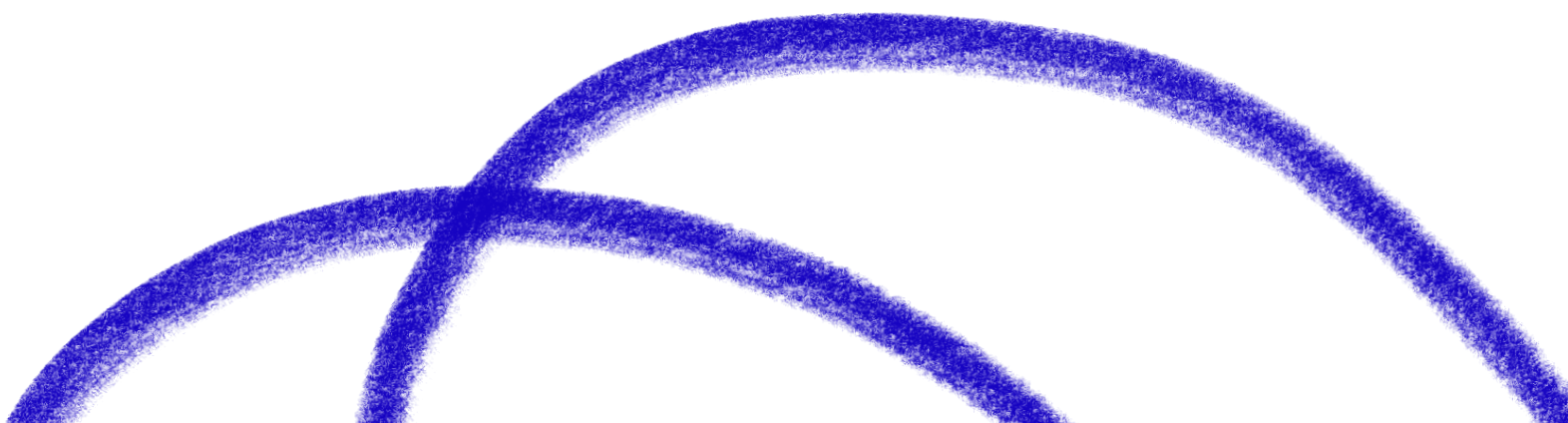
- We aim to offer an appointment within 6 weeks of receiving a referral. We usually begin by offering around six sessions of therapy.
- Whilst therapy is confidential, we ensure to keep the young people safe. This may mean re-referring young people back to relevant agencies.
- Occasionally this means breaching confidentiality in order to keep the young person safe, which we will endeavour to do with the young person and parent's permission where appropriate.

What role can your school play?

- We receive our referrals for a range of different agencies and contact the family directly.
- The young person may choose to have their therapy after school, at our premises in Hull or at their GP surgery. Others choose during school hours at their school. If this is the case, our counsellors will make contact with the school to book a room.
- We will endeavour to work with you to find a time during the school day that has least impact on the young person's education.

What if your school needs to share information?

- There may be times when you need to share information with our talking therapies team about individual pupils. Should this be the case, we ask that you contact the Service Lead on 01482 240 200 rather than the individual therapist.





All of our therapists are fully qualified BACP registered who have an enhanced DBS certificate to work with children and young people.

For more information on the BACP guidelines please visit www.bacp.co.uk.

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Need details of help and support in your local area?

Infoline - 24 hours - 01482 240133

Email: info@heyhound.org.uk