

# Need help to feel better?

Free therapies for  
10 to 18 year olds

 mind Hull and East Yorkshire

## **What are talking therapies and how can it help me?**

- Sometimes, when you have a problem, it can be hard to know where to turn.
- Talking with one of our therapists about your worries can help.
- Therapy takes place in a safe and confidential space.
- It can help you clear your head and get your thoughts and feelings off your chest.

## **What sort of things can therapy help me with?**

- If you're sad or angry, scared or stressed and you're worried about how you're feeling, we can help you.
- In fact, whatever problems you are facing, you can share them with us. We won't judge you.
- We'll find ways to help you now and to gain the skills you need to cope more easily.

## What to expect from our therapy services

- We'll be in touch to ask your parent or guardian for their consent for you to attend therapy.
- You'll get a choice about when and where your therapy sessions will take place.
- Our service is face-to-face, free of charge and confidential.
- Our therapists support everyone aged 10 to 18 to develop new ways to cope with life's challenges.
- If you've been referred to us for therapy we will aim to get an appointment sent to you within six weeks.





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