

Hull and East Yorkshire Mind

T: 01482 240200

Info Line: 01482 240133

info@heyhound.org.uk / www.heyhound.org.uk

Registered Charity Number: 1101976

BACP Registration Number: 248976

Useful Numbers

CAMHs contact point - 01482303688

CAMHs Crisis team - 01482335600

Young Minds Parent helpline - 0808 802 5544



Counselling Services Information For Parents

What is counselling?

Counselling is based on building a trusting relationship between counsellor and young person. It can help people talk about their experiences and make sense of them.

Counselling can allow people to express difficult feelings and to learn how to manage them in a helpful way. Counsellors are trained to listen thoughtfully and carefully to people's difficulties without judging or criticising. They do not give advice but support young people to make positive decisions for themselves.

What does Hull and East Yorkshire Mind do?

At Hull and East Yorkshire Mind we use evidence based therapeutic interventions to support children and young people to develop coping strategies and address emotional issues that negatively impact on their lives.

Our young person's counselling service provides person-centred counselling for young people referred to us from CAMHs (Children and Adolescent Mental Health services). This counselling is face to face and is led by the young person.

What can I expect?

- Our counselling service offers appointments within 4 weeks of receiving a referral for a young person.
- We will keep young people safe. This may mean re-referring your child to CAMHs if we feel this is necessary. Occasionally this means that we have to breach your child's confidentiality in order to keep them safe.
- We deliver six sessions of counselling to young people. Some young people may choose to finish counselling earlier than this. Should a young person need more than 6 sessions we will work together with yourself, CAMHs and the young person to create a plan and work towards a successful ending.

Can I attend the sessions with my child?

Whilst some young people may be anxious for their first few sessions, the counselling that we deliver is a one to one therapy. It is important for a young person to have a safe and confidential space to discuss whatever they need to in a trusting professional relationship. Some counsellors may call you or chat to you after your child's appointment, however this will be with the young person's consent. You are welcome to wait for your child in our waiting area. The Wi-Fi code is: ItsChanged4145

Who is my child's counsellor ?

Name:

All of our counsellors are fully qualified BACP registered therapists who have an enhanced DBS certificate to work with both children and vulnerable adults. <http://www.bacp.co.uk/>

Where and when will the appointment be?

At Hull and East Yorkshire Mind we try to offer as much choice to you and your child as possible. We offer appointments between 8am and 8pm Monday to Friday. They may be at our building, a school or at another suitable location. The day before the appointment, door codes will be sent via text for out of hours access to the building.

Who can I contact to complain, compliment, give feedback or ask a question?

Name:

Please don't hesitate to contact us on 01482 240200, or if you prefer text 07624800500 or via email at counselling@heyhound.org.uk.

I am finding this really difficult, where can I turn?

If you feel you need some support yourself through this process do not hesitate to call our information service on 01482 240133. Hull and East Yorkshire Mind also supports adults, and we may be able to offer you counselling, a 4 week stress control course, or point you in the right direction of other help available in the local area.