

"I feel like I'm in a much better frame of mind to start at a new college and I couldn't have got here without your help."

Male, 17,
Social Anxiety

"Young people...are extremely fortunate to be able to access the high quality services of 42nd Street when experiencing emotional and psychological issues."

Dr Paul Wallis,
Consultant Child & Adolescent Clinical Psychologist,
Director of Psychological Services – CAMHS

"The therapy is changing my life...I'm no longer experiencing flashbacks or nightmares."

Female, 24,
PTSD



TIME TO
TALK

VISIT OUR WEBSITE:

www.42ndstreet.org.uk

CALL US:

Tel. 0161 228 7321

EMAIL US:

theteam@42ndstreet.org.uk

FOLLOW US:

@42ndStreetmcr

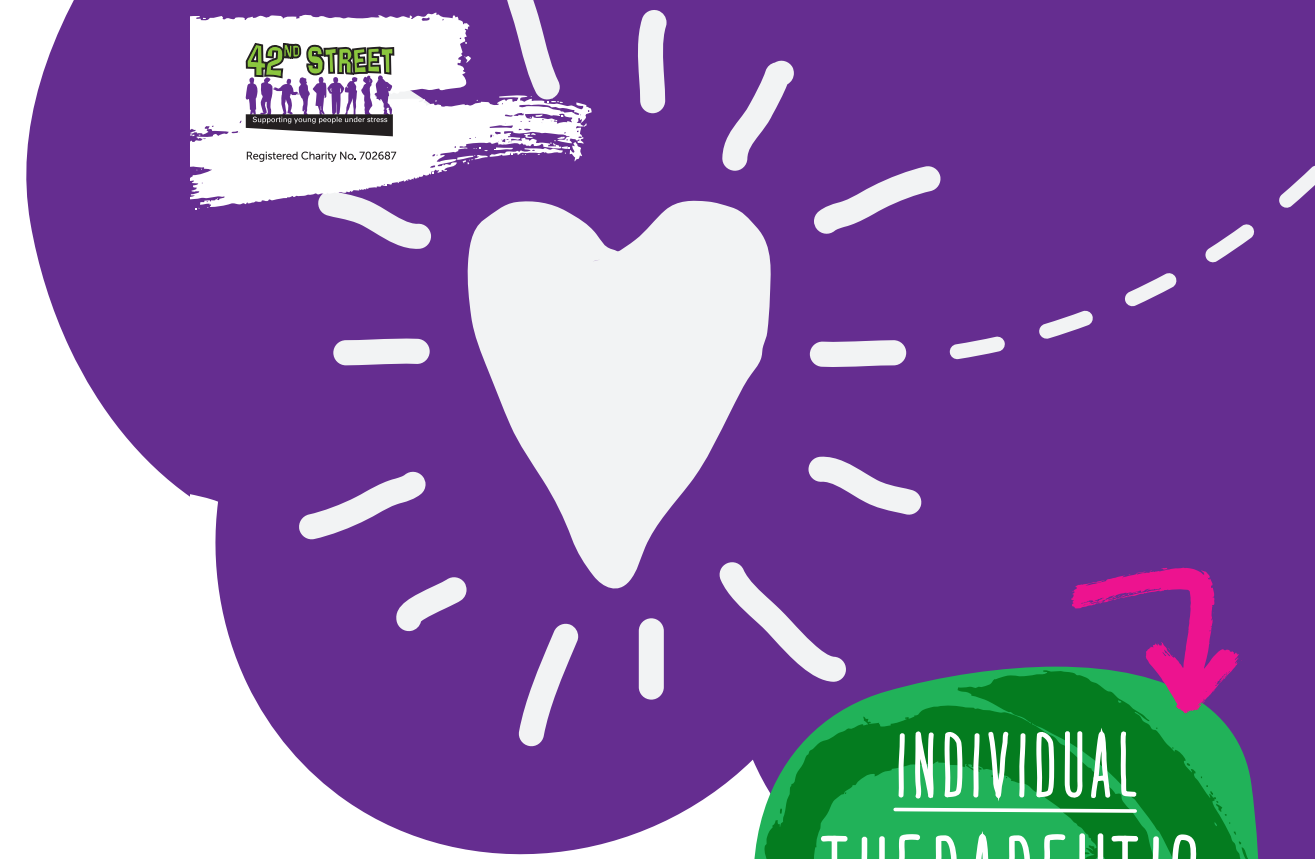
@TheHorsfall



Registered Charity No. 702687



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INDIVIDUAL
THERAPEUTIC
SUPPORT

HOW CAN
42ND STREET
SUPPORT YOU?



INDIVIDUAL THERAPEUTIC SUPPORT

COUNSELLING

Counselling is an opportunity to explore aspects about yourself, your relationships and your life that you want to make sense of. There is space to talk about experiences from the past and things affecting you in the here and now. Counselling will help you to learn new ways to manage difficult feelings and support yourself in healthier ways.

COGNITIVE BEHAVIOURAL THERAPY (ALSO KNOWN AS CBT)

Cognitive Behavioural Therapy is a talking therapy which helps you to explore connections between your thoughts, feelings and behaviours. Once unhelpful cycles have been identified, you will be supported to develop healthier coping strategies.

ONE-TO-ONE SUPPORT

One-to-One Support is a flexible approach which can help you to develop coping skills and to make links with wider support networks. You may have been experiencing difficulties for some time, struggle with relationships or emotions, or you may be struggling with practical issues which make it hard to explore why you feel the way you do.



HOW LONG IS EACH INDIVIDUAL SESSION?

Sessions will last 50 minutes and usually happen once a week.

Your counsellor, one-to-one support worker or therapist will try to arrange sessions for a time that suits you.

HOW LONG DOES INDIVIDUAL THERAPEUTIC SUPPORT LAST FOR?

Most young people see us for 6–12 sessions. It can be more or less if you need it. Your counsellor, one-to-one support worker or therapist will review this with you.

WHO IS MY WORKER?

All of our counsellors, one-to-one support workers and therapists are highly qualified and experienced in working with young people.

To make your experience easier for you, you can choose to talk to a male or female worker.

TALKING TO YOUR COUNSELLOR, THERAPIST OR ONE-TO-ONE SUPPORT WORKER

Usually anything you tell your counsellor, one-to-one support worker or therapist will only be shared within 42nd Street if it is necessary or to make sure you get the best service from us.

The only time we would talk to someone else is if you tell us that you or someone else is at risk. If you are worried about this, discuss it with your counsellor or another worker.*

*There is more information on our 'Confidentiality' postcard



WHAT YOUR WORKER CAN SUPPORT YOU WITH:

- / Anxiety
- / Depression
- / Self-harm
- / Self-esteem and confidence
- / Difficulties around food/eating
- / The effects of discrimination
- / Family Issues
- / Difficult Relationships
- / Bullying
- / Bereavement



YOU CAN EXPECT YOUR INDIVIDUAL SUPPORT WORKER TO:

- / Be honest
- / Support you around what is important for you
- / Be reliable
- / Believe what you tell them
- / Listen to you without judging you
- / Meet regularly with you
- / Have the right skills and knowledge to support you
- / Help in mental illness diagnosis
- / Make links with other support services

