

we're by your **side**!

Helping you or your child escape the
vicious circle of mental ill health



teenage
Mental Health

here to help

Is your child experiencing difficulties with anxiety, depression, suicidal thoughts, self-harm or any other mental health issues?

We at **Teenage Mental Health** are here to help both you and your child. We understand the toll that poor mental health can take on young people and those caring for them. We can work with you and your child to enable you to find positive outcomes through specialist therapy.

how

When you have a child that is ill you want help as soon as possible. Parents contacting us have often been on a roller coaster of referrals and waiting lists, which only adds to the stress for both the parent and the child. All our services are family based but our main focus is the child and their needs.

To support you, and to help you step off this roller coaster, we ensure that a first appointment is made available to you within 24 hours of an enquiry. This appointment lasts 1 hour and is free of charge, with no obligation for ongoing treatment.

what

There are many reasons why a child or teenager can suffer from mental health problems. We can help with a variety of difficulties which include:

- **Anxiety**
- **Self Harm**
- **Depression**
- **Social Isolation**
- **Suicide**
- **Gender Issues**
- **Alcohol and Drugs**

Our philosophy at Teenage Mental Health is that the patient always comes first and is the centre of any work.



**we are a
self-referral
therapy
service**

why use us?

Children can be very vulnerable, not only physically, but mentally as well. They can suffer from the same type of mental illnesses that adults suffer from, but their thought processes are very different, so they need to be approached in a different way. Although children can easily fall prey to psychological disorders such as clinical depression, generalised anxiety disorder, post-traumatic stress disorder and attention deficit disorder, they can manifest their symptoms in very different behaviours from adults.

At Teenage Mental Health we focus on helping children who are suffering some form of mental imbalance, working with the child to help them think through and process the problems that they are experiencing, at a pace that they are comfortable with. Whilst children will often present differently, child therapy

deals with many of the same mental health issues as its adult counterpart – depression, grief, anxiety... these are all common conditions child therapy can help with. It is so important to seek treatment early. Often problems presenting in childhood, left untreated, are likely to follow a patient into adulthood and have the potential to impact upon all aspects of the child's life such as educational development, social interactions and career success.

we see adults and couples too

We are not just a service for children we also have many clients who are adults, our focus is to support treat and help anyone who is experiencing mental health or emotional difficulties.

parental support

Also, because we know how difficult it is for parents / carers when their child is ill, we run a free support group for parents and carers of children (no matter how old) who are experiencing mental health problems. These classes run on alternate Mondays at our premises in Ipswich.

Meetings are advertised on our Facebook page:

TeenageMentalHealthIpswich.

**For further information
please contact us on
07955 803539**





31 Lower Brook Street, Ipswich IP4 1AQ

T: 07955 803539

E: hello@teenagementalhealth.co.uk

www.teenagementalhealth.co.uk