

PRESTON MANOR PARENT / CARER CONSULTATION SERVICE

With a Child & Adolescent Psychotherapist/Counsellor from BCYP

What is this service about?

This is a free, confidential service for parents and carers who would like to talk to one of our therapists about their child/adolescent.

Secondary school can be a particularly difficult period for young people with challenges in school, at home and in the wider world. Additionally, the transition from childhood to adolescence; and the changes in a young person's body and mind can be unsettling, affecting their emotions, relationships and behaviour.

Parents and carers can, at times, feel at a loss in knowing how to communicate with or help a young person. You may be worried about the young person's mental and emotional well being or be unsure about whether or not to be concerned about their behaviour. Talking to a professional can help parents and carers think about these things.

Who is the 'Brent Centre for Young People' (BCYP)?

We are an established mental health service in Brent, with a long history of providing specialist support and therapy to young people and their families.



Our team of trained child and adolescent counsellors and psychotherapists work with individuals and groups in schools and at our clinic. We have had a team of therapists working at Preston Manor School since 1999.

Where are consultations held?

We have a counselling room at Preston Manor School in the 'Manor House,' (the small building by the main car park). The entrance is via the street side door.

How many meetings would we have and when?

We offer one consultation, which lasts for approximately 45 minutes. In some cases, follow-up appointments may be offered too.

Appointments are usually made within school hours, although we can sometimes arrange them for before or after school.

How are appointments made?

You can make an appointment directly with us by email (see below) and we will get back to you shortly after to arrange an appointment.

counselling@preston-manor.com



**Brent Centre
for Young People**

"Healthy minds, brighter futures"

www.brentcentre.org.uk