



Information for professionals on FREE counselling service for children and young people (ages 5 – 19) across West Essex.

YCT, a well-established and locally respected mental health charity, has recently been commissioned by West Essex Clinical Commissioning Group to provide counselling support to children and young people throughout West Essex. The service will operate throughout West Essex, delivering from community sites in:

- Harlow
- Loughton
- Waltham Abbey
- Saffron Walden
- Thaxted
- Stansted

We offer early intervention, professional emotional support via a face to face model of person-centred counselling or play therapy, depending on age.

Due to the ongoing Coronavirus situation, the service is launching in stages, as outlined below. Initially, where appropriate, sessions will be offered via telephone or online via Zoom. When circumstances allow, our normal mode of delivery will resume to face to face counselling.

Under this new funding from the West Essex CCG, we are offering counselling to individuals in the following categories (more detail overleaf):

- Young people aged 11-19, living in West Essex
- Young people aged 5-10, living in West Essex
- Young people (and their families) pre or post ASD diagnosis

What is our referral criteria?

We will consider referrals from any young person fitting into one of the above categories. We require the young person to live within and be registered with a GP in West Essex.

How can referrals be made?

- Enquiries can be made by professionals, young people or their parents by speaking to a member of the Clinical Team on 01279 414090 and choosing Option 1.
- Referrals can be made by professionals sending a completed referral form to admin@yctsupport.com

Services

Young people aged 11-19, living in West Essex.

Locations: Loughton, Waltham Abbey, Saffron Walden, Thaxted and Stanstead

(Please note, all sessions will be offered remotely at first, due to Coronavirus).

8 weekly sessions with provision to extend to 12 sessions, depending on clinical need. Some of the issues that young people may be dealing with include:

- Relationships
- Bullying
- Bereavement
- Family issues, including parental separation, domestic abuse
- Depression, anxiety or low self-esteem
- Self-harm

Young people aged 5-19 and family members, either pre or post ASD diagnosis, living in West Essex.

Location: Harlow

(Please note, we may be able to support family members remotely, straight away, but it may be more appropriate to help individuals with or waiting for an ASD diagnosis when face to face sessions can be offered).

Both YCT and the West Essex CCG recognise the need for more local provision to emotionally support young people (and their families) who may be on the autistic spectrum. As well as working with the young person themselves, YCT will offer support to family members who may be facing their own challenges and difficulties, relating to the young person's additional needs. We offer 8 sessions, with provision to extend to 12 sessions if necessary. We offer the space for young people to safely play, explore their emotions, and process their feelings.

Young people aged 5-10, living in West Essex.

Locations: Harlow

(Please note, this service will be limited until the Coronavirus situation has resolved and face to face sessions can be offered. However, we can provide support for appropriate Key stage 2 children).

We support primary school aged children with play therapy. Children can explore their emotions and express themselves through play. We offer 20 weekly sessions for this age group. We can support children with issues including:

- Friendship problems
- Family issues including parental conflict, separation or bereavement
- Sadness, anger, depression or anxiety
- Bullying
- School refusal