

Therapy



Post Diagnostic Autism support

Therapeutic sessions exploring what Autism means for you, and other topics such as emotional literacy support, social skills support, emotional regulation techniques and reasonable adjustments



Post Diagnostic ADHD support

Therapeutic sessions exploring what ADHD means for you, and other topics such as medication and other treatment options, emotional regulation techniques, executive functioning hacks and reasonable adjustments.

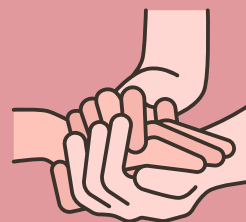


Mental-health4u

At Mental-Health4u, we understand that life can bring its share of challenges.

Whatever your reasons are, we're happy to help. We create a safe space where you can absolutely be yourself and will never in a million years be judged. Your difficulties will be taken seriously and we will work really hard with you to help improve their mental health.

We offer remote assessments and therapy to young people, adults and parents.



Assessments

Mental health assessments

A comprehensive holistic mental health assessment including a formulation about presenting issues, triggers, influencing factors, what is keeping the difficulties going, things that are going well, a thorough risk assessment with risk management plan and recommendations for treatment options. You will receive a detailed report following this assessment.



Autism and ADHD pre- assessments

Using questionnaires and assessment tools to consider all aspects of Autism and or ADHD. This can help you decide whether to pursue a formal diagnosis either through the NHS or privately. A comprehensive report of the findings you can be completed that you can take forward with you.

Therapy



EMDR

A trauma therapy to help process difficult and traumatic events and reduce impact left by unwanted incidents.

EFT

Therapeutic sessions using psychological acupressure to reduce unwanted negative thoughts and feelings and encouraging a positive mindset.



Targeted therapy

Therapy sessions drawing on different therapeutic models such as CBT, DBT, Solution Focused Therapy, Mindfulness. Specific, measurable goals are set together to keep focus and effective outcomes for therapy.

Contact us



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EMentalhealth4u



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Therapy



Parent Led Anxiety Course

8 therapeutic sessions drawing on ideas from CBT to allow parents to develop the skills needed to help your child manage anxiety.

Sessions include:

- Psychoeducation around anxiety, Understanding how anxiety presents for your child,
- Graded exposure,
- Emotional Regulation,
- Problem solving
- Relapse Prevention



Systemic Family Practice

A family based approach to improving mental health and wellbeing by improving communication and drawing on family strengths.