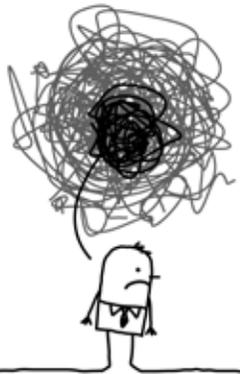


SUPPORT FOR PARENTS

'Telling the stories of our lives is crucial to understanding ourselves and understanding ourselves is crucial to our relationships especially those with our children.'

- Dr Patricia Crittenden (2009) Raising Parents

It can be a hard and lonely experience to realise that your child is struggling psychologically. Sometimes as parents and carers, we will know the reasons why, but often it is difficult to know how to help. **Umbrella** offers you a service where you can find such help, either for you as an adult, coaching for you as a parent, or support for you and your child together. We can also work with groups of parents.



To book a session or find out more:

1. Choose your therapist from the list overleaf.
2. Contact them directly to discuss your requirements and find out about session cost.

SUPPORT FOR YOUNG PEOPLE

Young people who come to see us usually want help because there is something troubling them in their lives and they cannot find a way to sort things out on their own. If you are stuck with difficult feelings or they keep coming back, maybe it's time to ask for support.

Things that you might be struggling with:

- Bullying or difficulties with friendships/relationships
- Someone in your family is ill or has died
- Worries about your exams
- Feelings of panic, anxiety, anger, depression or low mood
- Feeling unsafe at home
- Not getting on with your parents or siblings
- Parents separating or divorcing
- Transitions
- Struggling at school

"Thank you for helping to make me the happier person that I am today"

- Teenage client

FOR PROFESSIONALS

We understand the challenges faced by many services in meeting the needs of young people and their families.

You can commission one of our specialist therapists to support you in your work with young people, either through supervision or through us working directly with the young person. We can also work as a team in helping to support the whole family. All our therapists are registered with the appropriate professional bodies.

For professionals wanting to enquire about **Umbrella's** services please contact Rhiannon Duggan. (Contact overleaf)

"We are passionate about emotional and mental health for all young people. Because there is no health without mental health" ~ The Umbrella Team



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