**Who are we?**

Hands of Sympathy Therapies

A tier two getting help service focusing on delivering structures for supporting individuals who are struggling with mental health difficulties to manage their mental health and wellbeing, and to stay well.

* We provide information and advice service to families with young people who are experiencing mental health difficulties.
* We support children in care who present with various mental health difficulties.
* **1:1 therapy intervention**
* **Family workshops.**

We offer a safe and confidential place for you to talk, we listen to you and help you talk through your concerns, worries and troubles.

We pay close attention to your presenting needs to help formulate and map your evidence-based treatment plans.

Our service offers a range of targeted and specialized modalities for psychological difficulties including stress, depression, Complex PTSD, PTSD stemming from childhood adverse conditions, various anxiety disorders and low self-esteem.

* Compassionate Focused Therapy (CFT)
* Acceptance Commitment Therapy (ACT)
* Solution Focused Therapy (SFT)
* Coping skills
* Stress management interventions
* Trauma focused CBT
* Narrative Exposure Therapy (NET)
* Mindfulness

We complete Neurodevelopmental Assessments using the assessment tools such as ADOS-2, ADIR, CAT-Q, Coventry Grid and other psychometric tests if required.

Which may be useful in identifying traits that align with the diagnosis of Autistic Spectrum Condition.

We also complete assessments for ADHD using Conners, Traits tick sheet.

**Support for families experiencing difficulties/challenges.**

We work with families from all communities who don’t acknowledge or believe in mental health difficulties.

Working with families from the first-generation ethnic minority communities who are not fully conversant with the UK mental health services.

Families who lack insight into their mental health needs as they struggle to identify needs of the children under their care.

This could be due to undiagnosed neurodiversity difficulties in parents, mental health needs or substance misuse.

* Giving insight into systemic issues that may impact the emotional wellbeing of the young people in the western society.
* Signposting them to other relevant services
* Offering emotional and practical support, raising parents’ confidence in mental health services and so in turn helping to prevent family breakdown.
* Violence reduction

We aim to reduce isolation and increase understandings between generations and to improve family relationships by offering them the relevant support.

* 1:1 support for young people
* Support for young people at risk of school exclusion
* Emotional regulation.
* Anger management Program
* Stress management
* Family workshops

Our aim to work on achieving the following outcomes for young people:

* increased confidence
* increased self esteem
* emotional resilience
* decision making skills
* insight into their difficulties and ways of maintaining psychological wellbeing.

**Our service criteria.**

* We are a tier two getting help service.
* Inclusion criteria,
* Stress
* Depression
* Complex PTSD
* PTSD stemming from childhood adverse conditions.
* Various anxiety disorders, panic, social anxiety, OCD,
* Low self-esteem
* Emotional regulation difficulties and difficulties in managing anger.
* Ranging from 5 years upwards

**Referral method:**

* Self-referrals and professional referrals

Exclusion criteria:

* High risk of suicide
* Self-harming behaviours will be assessed on individual basis.

Specifications of the website:

Please put a tab for people to make referrals, enquiries,