

What to expect?

Hello, my name is Sarah.

My job is to support children, teenagers and their families and help them to live their best lives. If you're reading this, you may be wondering about meeting me. If so, I've tried to answer some of the questions you may have...

What can I support you with?

The simple answer is that I will support you with anything that matters to you.

Nothing is too big or small. Whether it is things you are struggling with now or things which happened in the past, friendships, relationships, upsetting thoughts, big feelings, worries, or anything else which is stopping you from living your best life, you can share it with me.

I will help you discover your strengths and learn ways of managing difficult feelings and experiences.

What happens in a session?

I will visit you at home (or wherever we have agreed that I will see you).

The session is your time to use however you want. You can talk to me about anything you want to and I will listen. I will bring some games, activities and creative resources which you can try if you would like to.

I am happy for you to do whatever makes you feel comfortable...that could be bouncing on a trampoline, cuddling your pet, playing on your iPad (or equivalent), building Lego or anything else.

I will not judge you, get cross with you, or tell you what to do.

Each session will last for up to 45 minutes.

Will I tell people what you say to me?

I follow strict rules around keeping your information private. That means that I am not allowed to chat to other people about what you tell me (and I would not want to do that anyway, as I respect your right to privacy).

There are also rules about keeping you safe. If you tell me that you (or someone else) is in danger, I may need to tell other people so we can keep you (or them) safe. I would try to get your permission to do this.

I will usually offer support to your parents/carers, but I will not share anything which you have told me without your permission (unless you are in danger and they need to know so they can keep you safe).

Will I tell you what to do?

I will never tell you what to do. The sessions are YOUR time to use as you want to. I may sometimes suggest activities which I think may be helpful, but you are welcome to say no.

I also will not tell you what to do outside of our sessions.

However, I will do my best to help you feel safe and comfortable with me.



If you would like to ask me any more questions, your parent/carer can pass them on and I will do my best to answer.

If you decide to meet me, I really look forward to getting to know you.