

PROMOTING INCLUSION IN..

Mental Health, Education & Employment

The ADHD Foundation
adheres to the BACP
Code of Practice

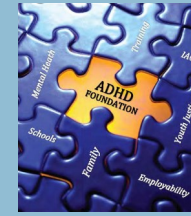
Registered Charity No: 1120898

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ADHD Foundation

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ADHD Foundation

Tel: 0151 237 2551



Counselling Services

Who are we and what do we do?

The ADHD Foundation provides a range of services for young people to help you to understand and manage ADHD and related issues. We offer personalised therapeutic programmes to help individuals address emotional issues affecting their lives.

Young Persons Counselling Service

The ADHD foundation provides individual and group therapy for young people to help address issues with:

- Anxiety
- Depression
- Anger
- Fear
- Sadness
- Distress
- Self Esteem
- Relationships
- Frustration

And many others...

What is Counselling?

Counselling and psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or longer term to help them bring about effective change or enhance their wellbeing.

Counsellors:

We offer a free therapeutic and confidential service to help you cope with whatever is affecting your emotional well being. Empowering change and strength emotionally with trained counsellors.

Confidentiality

Counselling at the Foundation is a confidential service and we will respect that as much as possible. However if we feel that you or someone else may be at risk of harm, we may need to ensure your or their safety. We offer individual and family work.

Your Rights:

- To be treated with respect,
- To see any information that is kept about you,
- To be informed what we can give you,
- To be included in decisions made about you,
- To decide whether counselling is right for you,
- To complain if you are unhappy about something,
- To receive advice about how to make a complaint.

Your rights - while taking part in a session or group

- To be treated with respect and fairness
- To see any information that is kept about you
- To be informed about what we can offer you
- To decide for yourself if counselling is for you
- To complain, comment or compliment about the service and be informed how to
- To end counselling if you want to

Your involvement - while taking part in a session or group

- To treat myself and others with respect
- To let someone know if I can't make it

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