



Young People's Emotional Support Service

Here to help young people with their emotional well-being needs.

Incredible things happen when we believe in children.

Believe in children
 **Barnardo's**

What Do We Do?

We can support you if you are aged 10-17 (up to 25 for Care Leavers and SEND).

We provide short-term support and your journey with us might be through 1-1 sessions, advice and guidance, group sessions and/or finding you other local support.

We have two types of practitioners who are here to help:
Well-being and Navigation Workers, who use therapeutic tools and can accompany you to appointments/activities.
Registered Clinicians, who offer therapy sessions using a range of interventions to suit your needs.

Once you are set up with a practitioner, we will give you a Welcome Pack which is full of important information about how your sessions will work, our online tool "Journey" and some tools which you can use to help your emotional well-being.

We want your voice to be central in your journey with us, so we will work with you to find a space where you are comfortable meeting with us (e.g. youth centres, cafes, your school etc.).



We Can Support You With:

Management of Emotions (anger, loneliness, worrying, sadness etc.)

Relationship problems/Family relationship difficulties

Low self-esteem

Anxiety

Depression

Simple phobias

Self-harm

Bullying

Anger management issues

Poor/distorted body image

Issues regarding identity/gender/sexuality/race/culture/acculturation

Feeling emotionally stuck

Compulsive or obsessional behavioural patterns

Bereavement and/or loss

Sleep problems

Eating issues

Experience of abuse (physical, emotional, and sexual) and/or neglect



Referral Process

You can refer yourself to our service through our website:

<https://www.barnardos.org.uk/what-we-do/services/tower-hamlets-emotional-wellbeing-service>

You can do a self-referral (on your own) or with a parent, or a professional.

If you need any support completing the form, please call one of our numbers on the next page.

Once we have received your referral, we will contact you within 72 hours.

Please share this flyer with any friends and/or family who you think would benefit from our services!

Our "Journey" Tool

Alongside face-to-face support, Journey is our digital tool that you can use on your own and with your practitioner as you progress through our service.

Please note it is not for emergencies!

In your first meeting with your practitioner, they will make sure that you are set up on Journey so that you know how to use it and find it's useful features.

On Journey you can:

Meet your practitioner via video call for your 1-1 sessions.

Use the secure chat to communicate with your practitioner.

Use it to journal and take pictures so that you can independently reflect and record your progress.

Set therapeutic goals.

Contact details

Spotlight
Langdon Park
30 Hay Currie St
London
E14 6GN

T: 01268 904228
E: emotionalwb-th@barnardos.org.uk

Drop in times:
Monday – Friday 9am-5pm

For any drop in support sessions, local information will be available.

