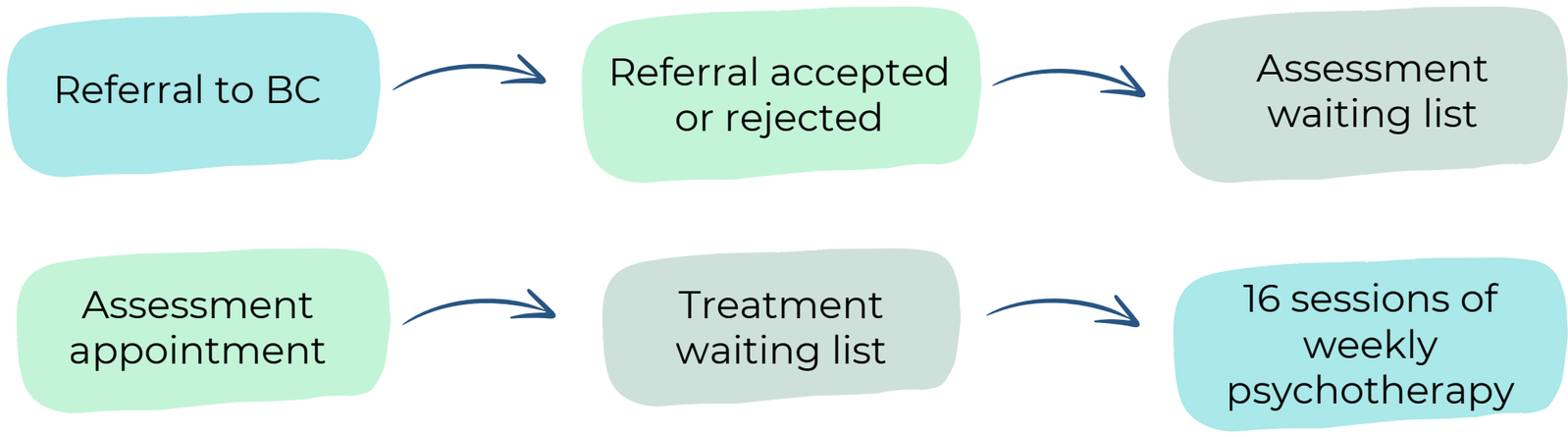
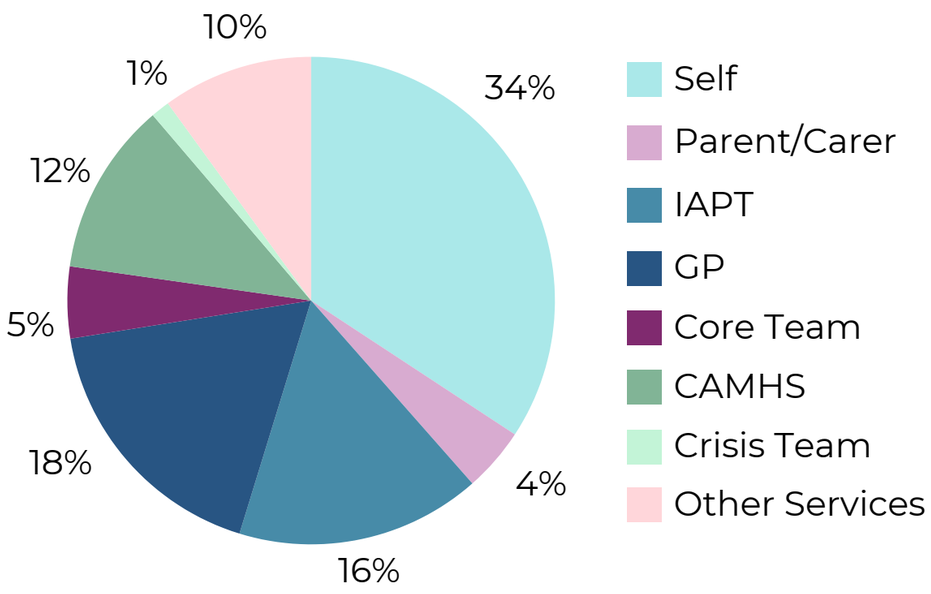
Brandon Centre: Counselling and Psychotherapy Service Annual Performance in 2025-26

Brandon Centre provides a free counselling and psychotherapy service for young people aged 16-24 living in Camden and Islington.



Referrals

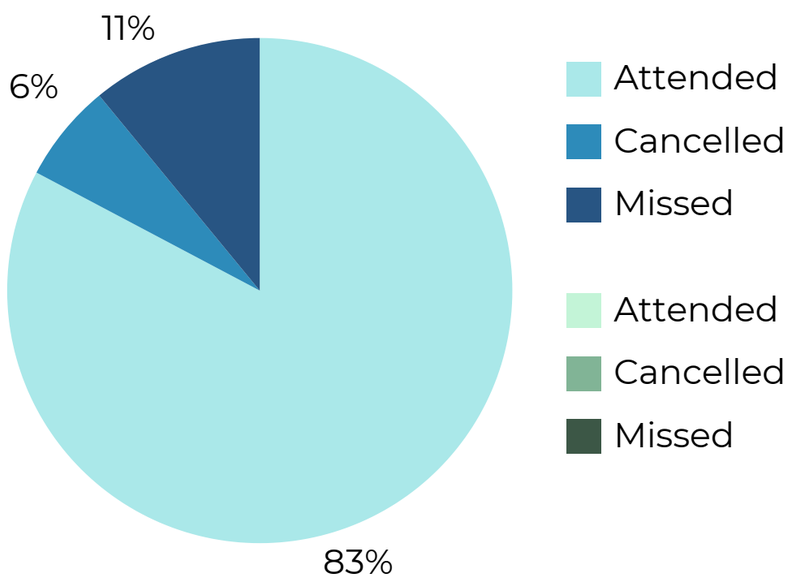
- 493 referrals received
- 400 (81%) referrals accepted
- 39% self or parent referrals



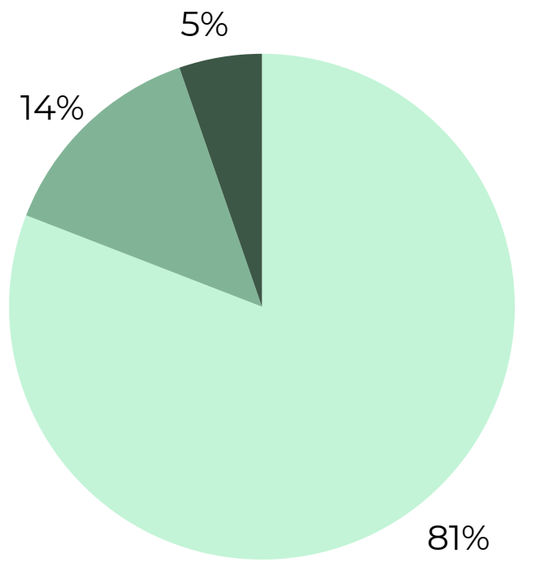
Appointments

365 assessment appointments offered, **83%** of them were attended.
3,892 treatment appointments offered, **81%** of them were attended.

Assessment Appointments



Treatment Appointments



Demographics

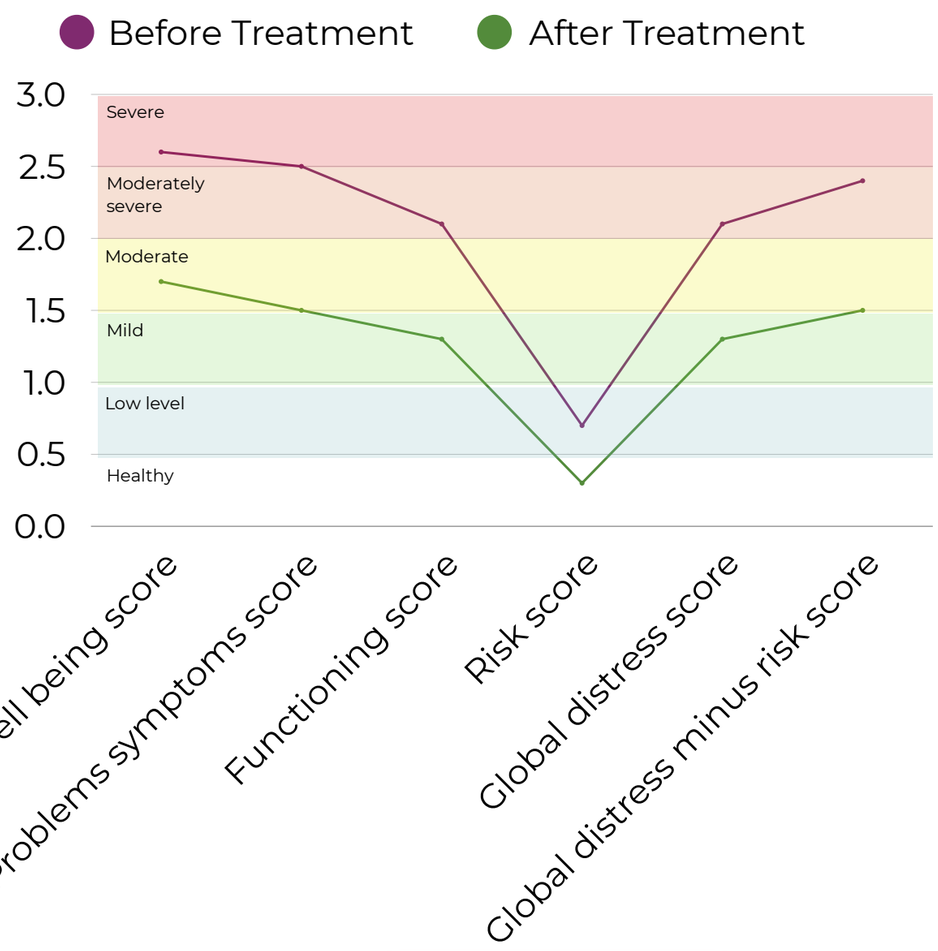
Of the 400 accepted referrals:

- 47% Camden, 53% Islington
- 74% female
- Mean age of 20 years old
- 46% from the 'Global Majority':
  - 14% Black
  - 17% Asian
  - 11% Mixed
  - 4% Other
- 1 in 5 young people identified as LGBTQ+



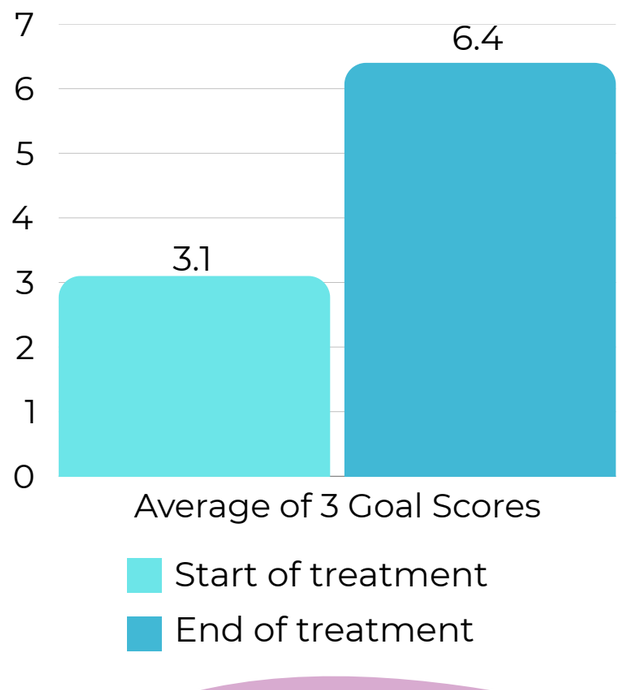
Outcomes

CORE-OM



Goal-Based Outcomes

Young people create 3 goals and rated them on a scale of 1-10 at two times during treatment.



Experience of Service Questionnaire (ESQ)

97% AGREE *If a friend needed this sort of help, I would suggest them to come here.*

100% AGREE *Overall, the help I received here is good.*

He has helped me understand how to respond and adapt when things go wrong and how I can use the tools he has given me to handle life.

I felt comfortable to open up, it felt like a safe space from the get go to speak about things I never have gotten to speak to people about and I didn't feel judged or unheard by the things I spoke about.

The work we've done together has been life changing and given me hope where I saw none.