

Brandon Centre Services

Brandon Centre provides:

- Contraception & sexual health services for young people
- Counselling & psychotherapy services for young people
- Counselling at Lift & Platform in Islington
- Services for the parents and carers of teenagers.

Call us for more information.

Separate information leaflets are available.

All services are free so you won't have to pay for anything.

All services are confidential.

This means we cannot tell anyone that you have been to Brandon Centre, even if you are under 16 years old.

You can refer yourself to all services by calling us or by dropping into the Centre.

What people say about us:

"The best thing about the help I am getting is the fact that I am allowed to talk about what I want, to a professional."

"The help here is what I need, even if I do seem like I don't want it. I know this process isn't going to be easy but I know this is what I need."

"It's hard to actually receive help for my situation but it is good to talk to someone about my problems."

Brandon Centre for Counselling and Psychotherapy for Young People
A Company limited by guarantee.
Registered in Cardiff No. 1830241.
Registered Office: 26 Prince of Wales Road, London NW5 3LG
Registered Charity No: 290118

Funded by



 ISLINGTON

Lift

45 White Lion Street, London N1 9PW

Tel: (Brandon Centre) **020 7267 1321**

Email: counselling@brandoncentre.org.uk

Website: www.brandoncentre.org.uk

Appointments: Mondays

Train and Underground: Angel Underground Station (Northern Line)

Buses: 4, 19, 30, 38, 43, 56, 73, 153, 205, 214, 341, 476

Platform

Hornsey Road Baths, 260 Hornsey Road
London N7 7QT

Tel: (Brandon Centre) **020 7267 1321**

Email: counselling@brandoncentre.org.uk

Website: www.brandoncentre.org.uk

Appointments: Tuesdays & Fridays

Train and Underground: Finsbury Park Underground Station (Victoria Line)

Buses: 4, 17, 29, 43, 91, 106, 153, 210, 253, 254, 259, 271, W3, W7

Counselling & Psychotherapy
Lift & Platform Youth Hubs

Brandon Centre
Here for Young People

Lift & Platform

Counselling & psychotherapy services in Islington for 16-21 year olds

Counselling at Lift & Platform are places for young people aged 16 to 21 to get help with personal problems from people who are professionally trained. The counselling and psychotherapy service is free and confidential. We see anyone within our age range who lives in Islington or has an Islington GP. You can refer yourself by telephoning us or emailing counselling@brandoncentre.org.uk. Alternatively, you can be referred by someone else, for instance your GP.

Here for Young People

What sort of problems can be helped through counselling and psychotherapy?

Young people ask us for help with all sorts of problems and difficulties, for example:

- bereavement
- being bullied
- feeling suicidal
- feeling isolated
- eating problems
- family problems
- feeling angry or violent
- self-harming
- sexual or emotional abuse
- feeling unhappy or depressed
- sexual or emotional relationship difficulties; or
- difficulties at school, college or work.

You don't need to wait until a problem is getting on top of you before you try counselling. Get in touch with us even if what is troubling you does not seem that serious as often it can be easier to resolve than if you leave it and it gets worse.

What happens in counselling and psychotherapy?

Counselling and psychotherapy are not the same as giving advice or telling you what to do. Instead, your therapist will help you to understand the issues that are worrying you, so that you can decide for yourself how best to deal with them. In your sessions you can talk about whatever you need to without being judged, and in the knowledge that what you say will remain confidential. Your therapist will respect your values and lifestyle and you can use the time you spend together to help you think about any choices or changes that you would like to make. Individual sessions will usually last for 50 minutes and take place in a comfortable and private setting. How many times you need to come will depend on what is helpful for you. We normally see young people for 12 - 16 sessions.

Who is it for and how will it help?

Everyone has times in their lives when they could use a bit of extra help and support. The counselling and psychotherapy service is available to anyone within our age range (16 to 21) who lives in Islington and has an Islington GP, and it is free of charge.

Who are the counsellors and psychotherapists at Lift & Platform?

There is a Clinical Psychologist and a Psychotherapist working at Lift & Platform. Our professional staff have experience in working with young people who have personal problems.

How can I refer myself?

You can refer yourself for counselling and psychotherapy at Lift & Platform by completing our referral form and e-mailing it to counselling@brandoncentre.org.uk. You can get a copy of our referral form from our website www.brandoncentre.org.uk/refer-now or you can e-mail us to request a copy. Please let us know if you require assistance completing the referral form and we can arrange to complete it with you over the phone. You can also call us on **020 7267 1321** if you would like to discuss a potential referral with us.

Alternatively, you can be referred by someone else, for instance your GP or your parent.

The waiting time for an appointment varies, but we will contact you when we have one available at a time that is suitable for you.

What if more help is needed than the Lift or Platform can provide?

Sometimes it might be necessary to refer you to another service in order to get the right type of help for you. We would always discuss this with you first and ask for your permission.

**Brandon
Centre**
Here for Young People