

Who we help

We most commonly support individuals with:

- Anger difficulties
- Autistic Spectrum Conditions (ASC)
- Anxiety, panic attacks and phobias
- Attachment difficulties
- Bereavement and adjusting to ill health in the family
- Challenging behaviour
- Chronic pain
- Coping with life events/transitions
- Depression and low mood
- Eating Disorders (EDs)
- Emotional regulation difficulties
- Feeding difficulties
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)
- Psychological problems related to medical conditions
- Relationship and family problems
- Self-harm
- Low self-esteem and low self-confidence
- Sleep problems and bedtime routines
- Stress
- Trichotillomania, tics and Tourette's