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## A guide to finding the right help

1. Speak to your GP – your NHS GP will have access to free therapeutic care for your child. They may refer you to the Child and Adult Mental Health Service (CAMHS) or have therapists that work directly with your local practice.
2. Ask your child's school SENCO or Head Teacher for a meeting to discuss your child and their options. Your child's school may have a school counsellor or therapist that may see your child during the school day or may also be able to refer you to CAMHS. They may also have smaller nurture groups within the school your child may be able to attend. Your SENCO will be able to pass information back to your child's class teacher or form tutor which may help them to manage your child's needs better.
3. Contact local charities - Many boroughs or communities have services for children and teens to help with specific issues or specific community groups. A simple google search for children or young people's charities in your area may be all you need.
4. Look on a therapeutic register such as the BACP, HCPC or UKCP. These are accredited therapeutic bodies in the UK that have registers or lists of therapists that have an appropriate standard of qualifications for practice in this country. There you can filter your options to find child therapists near you, read about how they practise and contact any that feel right for you.
5. Google child therapist in your area - You may easily be able to find the right therapist for your family with a simple google search. Make sure the therapist you choose is a registered member of BACP, HCPC, UKCP or other professional therapeutic body in the UK. This will mean they have to comply with the best practice standards for therapists, have insurance and be in supervision. Make sure you feel safe and happy when talking to them (this is no guarantee that your child will, but it may help!) A therapist should want to have a preliminary conversation with you about your child before they start, this is usually in private, not in front of your child.

## Tips for help in the UK

If you will be paying for therapy, your therapist should be happy to discuss their pricing with you. Some may have some leeway for concessions or considerations of financial changes and pressures families will be facing, particularly during the Covid19 pandemic. Ask early about pricing and concessions to avoid wasting time or emotionally investing in a practitioner that is out of your price range.