



**St. Martin's**

Counselling and Psychotherapy

Therapy for  
**Children &  
Young People**

# Welcome to St. Martin's Counselling and Psychotherapy

For 20 years our charity has been working to make professional counselling and psychotherapy accessible across the West Midlands.

We understand that the academic attainment of your students is fundamentally connected to their emotional well-being. Counselling can play a crucial role in helping students reach their full potential at school and lay the foundations for positive mental health in later life.

Working in partnership with your school our counselling services are designed to support the emotional well-being and growth of your students. Our team of experienced and qualified counsellors provide a safe, and confidential space for students to express themselves, navigate challenges, and develop essential life skills.



**“Therapy was helpful for understanding my own thought processes and controlling my anger.”**

Usman, 13



**“Our focus is to invest in children and young people.”**

## Our **purpose**

### **Vision**

Our vision is to ensure every child has access to the right mental health support when they need it.

### **Mission**

Our mission is to provide children and young people with professional counselling and psychotherapy that supports them in achieving their full potential at school and that lays the foundations for positive mental health in later life.

# Welcome from...

**Suzanne Lloyd,**

**Children and Young Person Service Lead, former Deputy Head.**

Welcome to the Children and Young people (CYP) therapy brochure, where you will find useful information about opportunities to improve mental health and wellbeing in your school.

During my thirty years in education, fifteen years as a senior leader of safeguarding, I saw how the right mental health support improved the well-being, behaviour, and attainment of our students but finding partners offering effective and affordable services often proved a challenge.

Today the need for flexible, evidenced based support is more important than ever, one NHS study shows a 50% increase in mental health conditions amongst children and young people over the last 3 years.

Our service is designed to improve engagement in school life and academic attainment by addressing the social, emotional, and behavioural needs of students and the often negative impact of trying to navigate the complexities of a fast-paced world.

If you think St Martin's may be able to offer the support your students need, please don't hesitate to contact me.

My details can be found at the back of this brochure.



**“I have worked with children and young people all my professional career as a teacher, taking early retirement to finish my counselling qualification and CYP specialism.**

**For many children, simply having the time and space to spend with someone who will listen to them with unconditional positive**

**regard is a unique experience. I have seen CYP therapy help children so often, simply because they begin to believe in themselves a little more, having spent time with someone who believed in them.”**

**Maggie, CYP Therapist**

**“You’re braver  
than you  
believe, stronger  
than you seem,  
and smarter  
than you think.”**

Christopher Robin

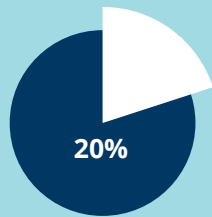


# Why CYP therapy?

Unresolved mental health problems during school years can dramatically affect academic attainment and reduce opportunities in adult life.

Our specialist therapy provides a safe and confidential space for children and young people to talk to a trained professional about anything that may be affecting their mental health.

Therapists will help children and young people explore their thoughts, feelings and equip them with the insight, skills, confidence and resilience to better manage their own mental health and achieve their potential.



**Up to 20%** of children and adolescents suffer from mental disorders worldwide.



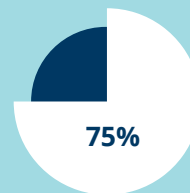
**1 in 7** 10-19 year olds live with a mental health condition.



Children experiencing poor mental health are **three times less likely to pass five GCSEs** including Maths and English compared to their peers.

# 53,000+

**1 in 6 children in England** have a probable mental health condition. That is over 53,000 in Birmingham alone.



**75% of children** and young people with a mental health disorder fail to receive treatment.



**70% of children and young people** experiencing mental health problems have not had appropriate interventions early enough.

# Benefits for all



## Children and Young People

- Develop increased self-esteem and confidence
- Are better able to explore and express thoughts and feelings
- Will be able to make better sense of the world
- Develop greater resilience and the skills to successfully deal with life's challenges
- Develop the confidence to know when to ask for additional support.



## Schools

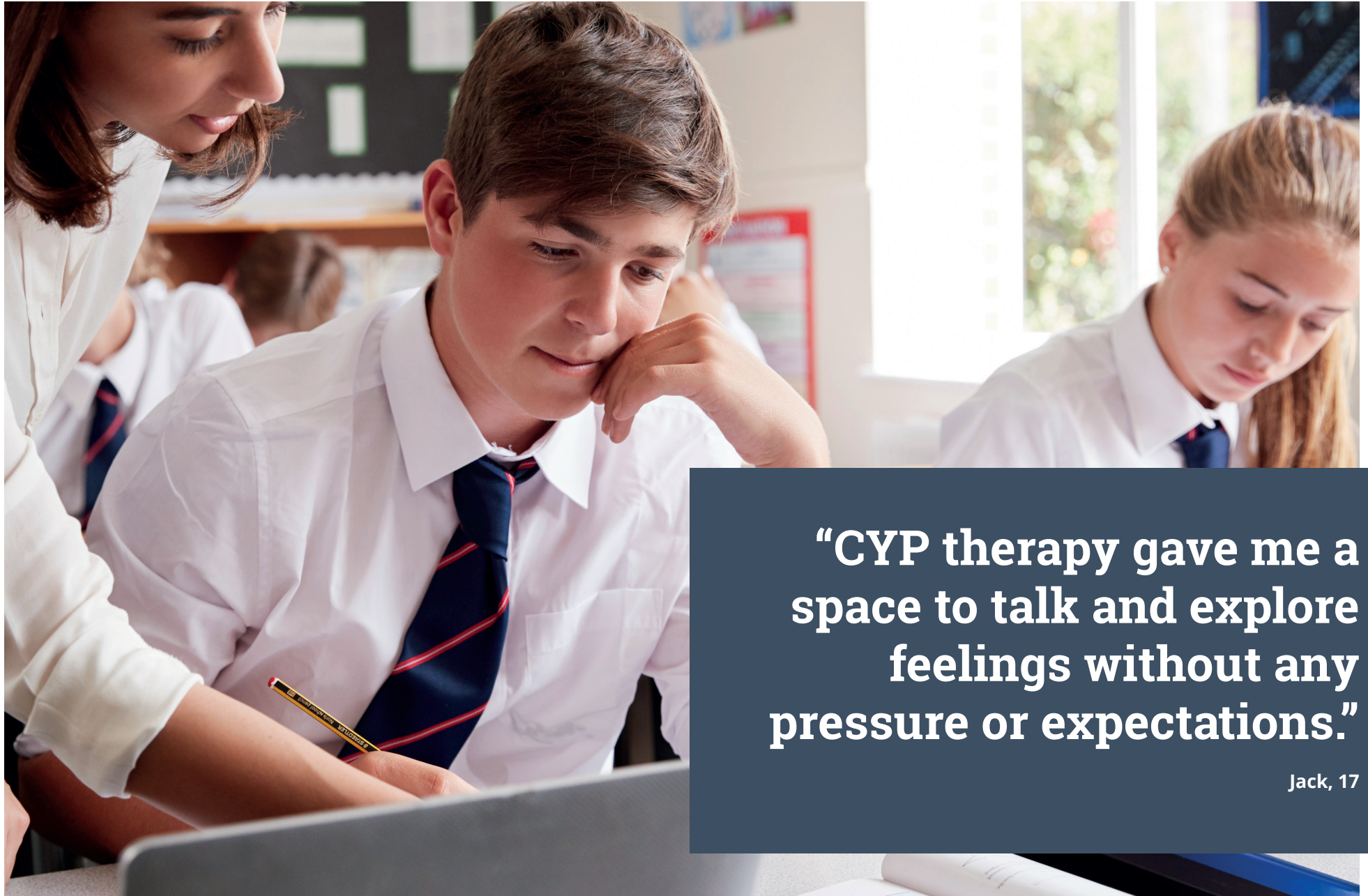
- Experience a positive impact on students studying and learning
- See improvements in educational attainment and attendance
- Experience improved social and emotional behaviour
- See happier, more confident and resilient students
- Receive additional support in promoting mental health in their schools – Keeping Children Safe in Education 2021.



## Long Term

- Improved social skills and relationship management
- Improved social and economic circumstances
- Develop the skills for lifelong learning
- Adopt healthier lifestyles and reduce physical health problems
- Develop ongoing mental health resilience.





**“CYP therapy gave me a space to talk and explore feelings without any pressure or expectations.”**

Jack, 17

# Support for schools



Your school is in a unique position to support students' mental health, regardless of a child or young person's personal circumstances or family background.



Our CYP service can contribute to a whole school approach to mental health and help create a supportive environment for your students mental health and wellbeing.

Offering access to responsive, highly flexible specialist support our CYP therapists will provide a vital mental health resource tailored to the needs of your school.



- The delivery of our CYP therapy is available onsite, in schools, over the phone, and online via video conference.
- Weekly one-to-one sessions with our therapists provides students structure, consistency, and trust.
- Therapists can work before, during, or after school hours to meet the needs of your school.



**“I found that I was listened to very well and was able to speak freely without being judged or looked down on. My therapist made me feel worthwhile and comfortable.”**

**Olivia, 16**

# Professional Standards

All our therapists are professionally trained, Accredited or working toward accreditation with UK Council for Psychotherapy (UKCP) or British Association for Counselling and Psychotherapy (BACP).

## Safeguarding and Risk Management

St. Martin's Counselling and Psychotherapy is positive about Risk and adheres to the rigorous Safeguarding and Risk policies and procedures adopted by the DoF and NHS.

A detailed initial assessment is undertaken at referral and all client work is subject to rigorous case management and clinical Supervision.

- All therapists undertake the latest Safeguarding training
- All therapists have an enhanced DBS check
- All therapists undergo a detailed CPD program
- All therapists are subject to the Ethical Guidelines of UKCP/BACP.

## St. Martin's Counsellors

Every counsellor undergoes extensive ongoing education and training to keep abreast of the latest research in CYP counselling and psychotherapy.



**“Therapy made  
me understand  
how my body  
and feelings  
work more.”**

Daniel, 17



**“Therapy made me aware that what I was experiencing was normal. At first, I used to think it was just me and I needed to control it better.”**

Alfie, 14



# Contact us

If you would like to discuss our services further please contact:

**Suzanne Lloyd**

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