How to find us:
The YPCS is based in the Tavistock Clinic’s Adolescent Department at the Tavistock Centre
The Tavistock Centre, 120 Belsize Lane, London NW3 5BA

How do I confirm, change or cancel an appointment?
Please call the YPCS Co-ordinator on 020 8938 2337, or the Adolescent and Young Adult Service Receptionist on 020 8938 2326 who will be able to help you.

More questions?
Please contact the YPCS Co-ordinator (Monday-Friday 9.00am - 5.00pm); on 020 8938 2337 or via email at YPCS@Tavi-Port.nhs.uk and they will be happy to help. You will need to check with them whether your GP is within one of the areas from where we receive funding to see young people within YPCS. If your GP is in Camden or Barnet, we should be able to see you. If your GP is in Islington we can seek funding to see you. We also have open access for over 18s if your GP is in Hammersmith & Fulham. If you live in another area, we are unlikely to be able to see you and recommend you speak to your GP about services that are available in your area; we are also happy to try to recommend alternatives if we can.

Public transport links
Underground / Tube
Belsize Park (Northern Line)
Finchley Road (Jubilee & Metropolitan Lines)
Swiss Cottage (Jubilee Line)
Overground/ National Rail trains
Finchley Road & Frognal (North London Link)
Bus routes
13, 31, 46, 82, 113, 268, C11

In certain circumstances travel expenses may be claimed from the Centre
The YPCS is an NHS service which offers 4 free, confidential consultations (sessions of about an hour each) to anyone aged between 16 and 30 who has personal or emotional problems. You may be feeling depressed or anxious or may have problems, for example, in relationships with family, friends or partners, or have difficulties at school, college or work.

**What is the YPCS?**

**How can YPCS sessions help?**

Sometimes the feelings, thoughts and experiences that bother us are those we cannot discuss with people close to us like friends or relatives. During sessions clients may talk with the clinicians about painful emotions and thoughts that they have not felt able to open up about before. This can sometimes be quite upsetting but it can also bring a sense of relief and perhaps new understanding, and can provide a way to move forward.

**Who will I see?**

YPCS clinicians are experienced professionals drawn from a variety of backgrounds including child and adolescent psychotherapy, psychology, counselling, nursing, psychiatry and social work. The Tavistock Centre is part of a national centre for advanced training in mental health. This means that some of our clinicians will be receiving further training while working as part of our team. If you have any questions about this, please speak to your clinician.

**What happens when I come for a consultation?**

You will have up to 4 one-to-one meetings with a YPCS clinician. These consultation sessions are aimed at helping you to gain a clearer picture of your particular difficulty and, depending on what you want and which approach seems best, your clinician may also discuss with you ways of getting further help.

**Will my experience be respected if I come from a minority community?**

YPCS consultations are available to people regardless of race, culture, sexual orientation, gender, religion or ability. Our clinicians are committed to thinking about these aspects of people’s lives in a respectful way.

**What can I expect of the clinician?**

He or she will listen carefully and make comments aimed at helping you to understand your difficulties. The clinician will not usually offer direct advice or guidance, but will work with you to help you become more aware of the issues that are causing you problems so that you can find better ways of dealing with them.

**What happens after the four sessions?**

This is up to you. You may find the 4 sessions we offer are enough to help you deal with the difficulty you have come to see us about. Sometimes clients feel that they would like to continue the consultation experience. If this is the case, we can offer advice about where to find further help.

**Will this appear on my medical records?**

The YPCS is a confidential service, your details and record of attendance will be kept by us. When you call to arrange an appointment, the co-ordinator will ask for your doctor’s name and address, this information is required for NHS funding reasons only. We do not need to contact your doctor and in the rare situations that we do, we would talk with you about it first.

**Where do I come for my consultations?**

All YPCS sessions are held at the Tavistock Centre (see map on the back). If your session starts between 9am and 5pm, please go directly to the Adolescent and Young Adult Service Reception and waiting room on the 4th floor (on your right as you come out of the lift), and let the receptionist there know that you have arrived. If your session starts before 9am or after 5pm, please go to the Reception on the ground floor, inside the entrance of the Centre.