**Do you need help?**

Making the transition between childhood and adulthood can be difficult and being an adolescent can involve lots of changes and challenges. You may find yourself struggling with emotional or relationship difficulties.

Friends or family aren’t necessarily available. They also might not be the people you want to talk to at such times. Talking with a professional who has a good understanding of the issues facing young people may be helpful for you.

Sometimes young people come to us with a clear-cut diagnosis (e.g. depression, anorexia, obsessive-compulsive disorder, phobia, eating difficulties, or post-traumatic stress disorder). However, often the problem can be more difficult to pin down. It may feel that there are many difficulties and anxieties that overlap and are hard to untangle.

We see a whole range of individuals here. We see individuals who are having problems with, but not limited to:

- Their relationships with friends, family, and partners,
- School or working life,
- Depression,
- Anxiety,
- Anger and aggression,
- Problem drinking or drug taking,
- Self-harm or suicidal thoughts,
- Problems related to self-esteem or a dislike of appearance,
- Eating difficulties,
- Difficulties leaving home,
- Experiences of abuse and trauma, including violence, family break-up and bereavement.
Who are we?
The Adolescent and Young Adult Service at the Tavistock & Portman NHS Foundation Trust is a specialist psychoanalytic psychotherapy service for young people between the ages of 14 and 25. Our conceptualisation of the mind and mental health is from a psychoanalytic perspective. This is a way of understanding how we think and feel that considers the influence of relationships, past and present. The service is multi-disciplinary, staffed by a team with expertise in the psychological and emotional difficulties of this age range and the delivery of psychoanalytic psychotherapies.
How can we help?

**Therapeutic Consultation**
We initially offer a consultation that allows us to think with you about your needs within a psychoanalytic framework.

For many young people this consultation is helpful in and of itself and allows us to explore with you whether or not the psychoanalytic psychotherapies we offer are likely to be helpful longer term treatments. This consultation can be between one and six sessions.

**Treatment Interventions**
We offer:

- Psychodynamic psychotherapy on a once-weekly basis for 12 to 18 months
- Psychoanalytic psychotherapy
- Dynamic Interpersonal Therapy (DIT; 16 sessions)
- Short-term psychoanalytic psychotherapy (STPP; 28 sessions)
- Group psychotherapy for a minimum of one year
- Psychoanalytic family therapy
- Work with parents

**Individual psychoanalytic psychotherapies**
The Service offers psychodynamic psychotherapy of typically one year to 18 months in duration, on a once-weekly basis. Based on your particular needs, formulated in conjunction with you during the initial consultation, more intensive psychoanalytic therapy of twice-weekly or three-times weekly sessions may be offered, but we have very limited availability for intensive psychoanalytic psychotherapy within the Service.

We also offer shorter, time-limited psychoanalytic psychotherapies, including:

*Dynamic Interpersonal Therapy (DIT; 16 sessions)*
We offer Dynamic Interpersonal Therapy (DIT) for young people experiencing depression and anxiety and where the difficulties appear related to problems in interpersonal relationships. DIT takes place over 16 sessions (50 minutes duration), during which the therapist will try to help you to recognise particular conscious and unconscious patterns in how you relate to others, and to understand the emotional and behavioural impact of this, and the way in which these patterns are related to feeling depressed and/or anxious.
**Short-Term Psychoanalytic Psychotherapy (STPP; 28 sessions)**

STPP is offered, in particular to young people who are depressed, but also to those who have been troubled by quite serious worries for some time. In STPP you would be offered 28 sessions (50 minutes duration) with your therapist where, when holiday breaks are included, this therapy usually lasts for a year.

**Group Psychotherapy**

We offer psychoanalytically-based group therapy for up to 8 young people, with 2 therapists, once weekly, with sessions which are 75 minutes in duration.

**Psychoanalytic family therapy**

We offer psychoanalytic family therapy to families of adolescents and young adults experiencing difficulties in their ways of relating to each other, or when your difficulties might be most helpfully understood and explored in the context of your present family circumstances. For many families the initial 4 session consultation is very helpful in and of itself is and all that some families feel they need.

**Parent Work**

Sometimes it is important for parents to have separate appointments to talk through their worries, relationships and to think about the complexities of parenting an adolescent or young adult child. If you are 16 or over, you can usually decide whether or not you want your parents to be involved. This option is available to those parents of young people who are currently undertaking a psychodynamic or psychoanalytic psychotherapy in our service, or who are at the stage of the initial consultation.

**Psychiatry**

Although we are not a crisis service, psychiatric assessment (and review) is available to those for whom it might be of benefit alongside and in support of the therapeutic interventions offered within the AYAS. This support is only available to those patients who have already been accepted for a therapeutic consultation or who are already engaged in one of the psychoanalytic psychotherapies offered in the AYAS.
How do I know if your service will suit me?
Young people who are often able to make best use of our service are those who are curious about their own minds and emotional wellbeing and who would like help to address their difficulties.

However, we appreciate this can fluctuate and we will work with you to consider the meaning of accepting help, and specifically a psychoanalytic therapy, and any accompanying uncertainty during the initial therapeutic consultation.

Psychoanalytic psychotherapies are most suited to those who wish to explore in-depth the nature of their experiences, emotions, and relationships, past and present, rather than seeking more immediate or formalised coping strategies focussing on symptoms or psychoeducational activities.

Because the process of psychotherapy can feel unsettling, it is important that there is some stability in the lives of the young people who might want to be referred to us.

We are not a crisis service, so we cannot accept referrals for young people in acute states of crisis. Nor can we accept referrals for young people presenting with psychosis or severe eating disorders requiring medical management.
Arranging a first appointment in the AYAS

We accept self-referrals from Camden residents. We also accept referrals from GPs and other professionals such as social workers, psychiatrists, teachers and university tutors/staff from other boroughs.

If you don’t have a Camden GP, your local borough might need to agree for you to be seen here. You are welcome to contact us directly to make sure that we are the best service to approach, before you go ahead and ask your doctor for a referral here.

Once we have received a referral, we will contact you, either by phone (text or call) or in writing, to arrange your first appointment.

If you are over 16 and haven’t self-referred we usually make contact before your appointment so that you are involved right from the start. If you have any worries about your appointment, we will be happy to talk with you on the phone about your concerns, although when you first come to see a therapist, this can be a good time to discuss these as well.

You will usually be given a choice of times and dates for your appointments; if you can’t make the appointment for any reason please contact us so that we can rearrange it. We will have given you a number you can contact.

Appointments take place at the Tavistock Centre and usually last for 50 minutes each. The number of appointments depends on what would be helpful for you. We try to offer a flexible service that is easy for you to access. There are appointments Monday to Friday.

Appointments are confidential and free of charge.
Cancellations and DNAs
We appreciate that there are times when appointments may need to be cancelled due to unavoidable reasons - for instance due to illness or unexpected problems which make it impossible for you to attend.

In order to ensure that appointments are not lost, we would be grateful if you could inform the Service as soon as you know that you are not going to be able to attend.

It is not usually possible for us to hold open psychotherapy vacancies if you are unable to attend for an extended period of time or if you do not attend and do not let us know for more than two weeks in a row.
The YPCS is an NHS service that provides four free, confidential consultations to anyone aged between 16 and 30 who would like to talk to someone about personal or emotional difficulties or dilemmas. For example, these could be difficulties in relationships with family, friends or partners, or with school, college or work.

The YPCS is different from the therapeutic consultation appointments which might lead on to further therapy as it is a stand-alone consultation, giving you the chance to think through and perhaps come to a better understanding of what is troubling you, without necessarily needing to begin a longer-term therapy.

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.

This is a self-referral service.

At this time, any Camden resident between the ages of 16 and 30 can self-refer. The service is also offered to young people up to 25 years old in Barnet, and in Westminster for over 18s. We are also hoping to offer this service to other areas in the future.
Feedback and Outcomes
We actively seek feedback from young people and carers on the services we provide and this feedback received from young people (age 14-25) outlines some of the aspects of a mental health service which feels important to them.

In the last year, young people accessing our services have said that-

‘I was treated well by the people who saw me’
‘My views and worries were taken seriously’

Overall, the help I have received here is good’

‘If a friend needed this sort of help, I would suggest to them to come here’

What was good about the Service?

Young people said:

“They listen and genuinely care about your health and wellbeing and try to help as much as possible.”

“Room to explore the problem and get to the root of it, rather than trying to ‘fix it’ quickly. I think the results will be longer lasting.”

“Good staff who are thoughtful and attentive and listen to all my needs and worries - very helpful.”

“Being able to talk about my worries without being judged; having a space to talk about things I don’t feel comfortable talking about anywhere else.”

“Excellent service, I'm satisfied with the care I'm receiving.”
Contact Us

Adolescent and Young Adult Service (AYAS)
Tel: 020 8938 2326
Email: atyps@tavi-port.nhs.uk

Young People’s Consultation Service (YPCS)
Tel: 020 8938 2337
Email: ypcs@tavi-port.nhs.uk

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

The Adolescent and Young Adult Service
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If you need this information in a different language or format please contact the communications team, communications@tavi-port.nhs.uk

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यदि आपने ‘बांग्ला’ अथवा अन्य फरमाट में इस तथ्यों के पुरस्कार धारक तो आपके
अनुसूची करें योगायोग दल तथा कमांडनिकशन टामिरे से आपको योगायोग करवन
communications@tavi-port.nhs.uk

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communications@tavi.port.nhs.uk

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Haddii aad u baahan tahay macluumaadkaan oo Soomaali ah ama qaab kala
fadal la soo xidhiidh kooxda Isgaadhsiinta, communications@tavi-port.nhs.uk

Contact us

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