

# Guide for Children

*Welcome to Gateway Psychology!*



Hello!



You will be coming to visit us at Gateway soon. This guide is to help answer some questions you might have.

If you like, you can read this guide yourself. Otherwise, the person who looks after you can read it with you. They can help you with any bits that might be hard to understand.

We look forward to meeting you soon!



# What is Gateway Psychology?!

Gateway Psychology is a psychology service that helps children, young people and their families.

Those of us who work here are called psychologists or therapists. We can help you with difficult feelings, thoughts and behaviours. We also help your parents/carers to find the best way to support you.

Our building looks like this. When you visit us, you'll come through this door



# What will it be like when I come to see you?

We will usually speak to the person who looks after you before you come and visit us. Together, we will think about the best way to help you.

We would also love to hear what you think about coming to see us. You might have some thoughts about how we can help too.



There are  
lots of fluffy  
toys in our  
building



# What is your building like?

We've designed our office to be a safe space for children, young people and their families. When we say 'office', we don't mean a space filled with desks and computers!

We have lots of different therapy rooms, which are all comfortable, colourful and confidential – that means no one will be able to overhear what you say to your therapist during your sessions.



# What will we do in the sessions?

The main aim is to help with the problem. Sometimes, your therapist will just meet with you. Other times, they might meet with you and your family too.

You and your therapist will talk a bit, but we might also do some worksheets, play, paint or draw!



# How long will my appointments be?

Most of the time, you will come to see us at our office in Stoke-on-Trent.

We will usually see you for about 1 hour.

It might be longer or shorter, depending on what is decided by everyone (including you!).





# How often will I see my therapist?

We will usually see you once a week. It could be more or less, depending on what is decided by everyone! You can let us know what you think too.

We might see the person who looks after you as well. Your therapist will let you know what we plan to do.





# What if I don't want to see my therapist?!

It can be scary or worrying to see a therapist and think about problems. It's ok if you feel like that.

It is important that you tell the person who looks after you about how you are feeling.

If you can tell us, that would really help too. We will really want to understand why it feels bad.



Lots of children like coming to Gateway. They get to share fun things they have done and tell us about how things are going.

# What should I do if I am really unhappy about something Gateway has done?

Tell the person you trust most about the problem. That could be your parents or carers. It could even be your teacher, social worker or another person in your family.

It would be great if you feel that you could tell your therapist. You could write it down if that feels better. The person you trust could help you tell the therapist if you need them to.

**We promise that we will take it seriously. We will try and work out a way to make it better.**

If you don't feel like you can talk to us about it, you could contact one of the companies over the page.



# Other companies that can help

## **Health and Care Professions Council**

Park House, 184 Kennington Park Road,  
London, SE11 4BU  
Tel: 0845 300 6184  
Web: [hcpc-uk.org](http://hcpc-uk.org)

## **Ofsted**

Piccadilly Gate, Store Street, Manchester,  
M1 2WD  
Tel: 0300 123 1231  
Web: [ofsted.gov.uk](http://ofsted.gov.uk)

## **Children's Commissioner for England**

Sanctuary Buildings, 20 Great Smith  
Street, London, SW1P 3BT  
Tel: 0800 528 0731  
Web: [childrenscommissioner.gov.uk](http://childrenscommissioner.gov.uk)

## **Other enquiries**

For all other organisations (including local services), please contact the Children's Services department at your Local Authority.

# Our contact information



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