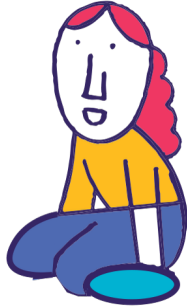
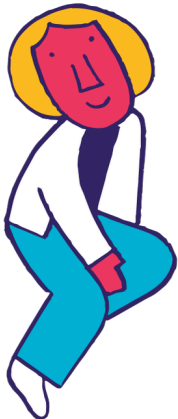


# Emotional health for secondary school aged children and young people.

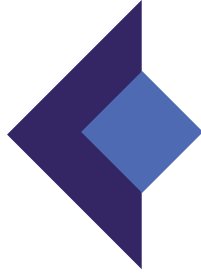
As children move into the physical and emotional changes of puberty and adolescence, their emotional health can seem up and down.



Changes in how they feel about different people and situations is part of ordinary development, and how they start to discover the type of person they are or would like to be.

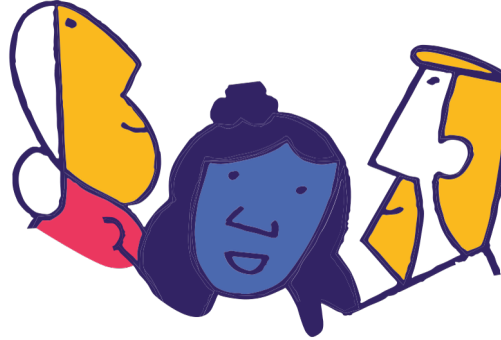


To be happy and healthy, teenagers need their parents and carers as much as when they were younger, to remain constant while the young person tries out different ideas and identities.



## What we offer

We offer free psychological support to families on any aspect of emotional health. We do this through:



### Consultation

A 45 minute thinking space with a therapist to develop a shared understanding of what might be happening emotionally for your child/ren and what next steps might be to support them.

### Assessment

One or two sessions to think more deeply with a therapist about the child's needs and current family context, develop a shared understanding and plan for next steps.

### Brief therapy

Up to six sessions of psychological support to address the issues raised in assessment. The type of therapeutic approach will depend on the child and family needs.



## City Chorus

0-19 Emotional Wellbeing Service



Age 12-19

## Family life

In this phase of growing independence, family life can feel quite different as the relationship with the growing child changes and becomes more complex and mixed. The increasing maturity of the child brings shifts in all family relationships. This can be pride and excitement at the growing capacities of your child but also worries as they face new challenges, and mixed feelings as the end of childhood approaches. There can be significant generational differences between teenage experiences that can impact on how parents and carers feel about the many changes of this phase. Many families find ways to talk together about romantic and intimate relationships, identities, faith and politics and that these conversations bring them closer.

## Common challenges

For some young people growing up can be scary, and developmental milestones can be avoided or rushed over - for example struggling to go to school or moving into adult relationships too quickly. It can be useful to help the young person remember that even though it can feel as if things are either changing very fast, or very slowly, they can have agency over their own behaviour and relationships.

## SEND

For the adolescent with additional needs of any kind, there can be another layer of concern for them as they grow older and move towards adulthood. Considering how your child is experiencing their changing feelings and body can be worrying, as it might highlight vulnerabilities you have tried to help them with or intensify worries about the future. However this stage can also provide new opportunities for the adolescent to build self-confidence.

## Who we are

The City Chorus Child and Family Relationship Service is an emotional and mental health resource for children aged 0-19 (25 with SEND) and their families who live or work/study in the City of London. Our aim is to support families as early as possible, to prevent difficulties from escalating.

The team consists of:

**Dr Eva Crasnow**, child and adolescent psychotherapist, clinical lead

**Dr Laura Casale**, clinical psychologist, specialist community child and family clinician

We also have assistant psychotherapists and trainee psychotherapists on placement with us.

## Further information

### Who is the service for?

City Chorus is for families with children aged 0-19 (or 25 with SEND) who live or study in the City of London.

### How to contact us:

Email us at [city@chorusfamilies.co.uk](mailto:city@chorusfamilies.co.uk) to book a consultation or discuss a referral for assessment.

We will get back to you within 5 working days.

City Chorus is not an emergency service. If your concerns are urgent please contact City of London Children's Social Care and Early Help Team on 020 7332 3621 or out of hours 020 8356 2710, or for immediate health concerns please call 111.



[www.chorusfamilies.co.uk](http://www.chorusfamilies.co.uk)

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