

# Therapy?

Struggling with low mood or anxiety?  
Worried about your child or teenager?  
Suffering from the impact of old traumas?  
Having problems in your relationships?  
Need help with your fostered or adopted child?



***Beacon House** offers a child & family therapy service and an adult therapy service.*

Beacon House is a team of professional and highly experienced chartered psychologists and psychotherapists based in the centre of Haywards Heath. We offer a child and family assessment and therapy service; and we offer an adult therapy service. Our team is able to provide a range of talking treatments for mental health, emotional and relationship issues and we specialise in working with trauma in people of all ages and walks of life.

# We offer the following services:

## Child and Family Therapeutic Services

- Low mood
- Anxiety
- PTSD
- Low self esteem
- Loss and bereavement
- Anger management
- Behavioural problems
- Family adjustment and conflict
- Parenting a child with autism
- Separation anxiety

## Specialist PTSD and Trauma Services

- Childhood abuse
- Sexual assault
- Repeated rejection
- Becoming Looked After or adopted
- Traumatic loss
- Domestic abuse
- Bullying
- Childbirth
- Family trauma

## Adult Therapeutic Services

- PTSD
- Depression
- Anxiety
- Obsessive Compulsive Disorder
- Relationship problems
- Panic
- Post-natal depression
- Fear of abandonment
- Anger management

## Psychological Assessments

- Child development
- Mental health in children
- Mental health in adults
- Child/carer attachment
- The needs of Looked After or Adopted children
- Cognitive functioning
- Assessments for court
- Autistic Spectrum Conditions

Please feel free to get in touch to make a referral or ask any questions.