



**Anna Freud**  
National Centre for  
Children and Families

## **Child Therapy Service**

Information for parents

[annafreud.org](http://annafreud.org)



## Who we help

The Child Therapy Service offers a range of highly specialised therapeutic assessments and treatments for children under five years of age and up to early adolescence. We provide support to children experiencing a wide range of emotional and behavioural difficulties including:

- Anxiety
- Depression
- Aggressive behaviour
- Psychosomatic symptoms
- Problems in relationships with peers and significant others
- Struggling to cope with significant life events

Another important part of our work is to support parents to help you make sense of your child's behaviour and to think about the impact these problems may be having on the whole family, as well as providing an opportunity to explore different possibilities in parenting.

To be eligible for this service it is recommend that you live within a 45 minute journey from Anna Freud National Centre for Children and Families.

## How we help

Sometimes emotional problems can get in the way of a child's development which could start as behavioural difficulties at school or at home, or they might become very anxious, sad or depressed. Child therapy is a way to treat emotional distress through the exploration of thoughts and feelings that may lie behind these problems.

Child psychotherapists observe, reflect, and respond in words and play, according to their understanding of the child's communications. Thinking and talking with a therapist about their troubled thoughts and feelings can help children to put their experiences into words rather than acting on them.

They are helped to make sense of their experience and to develop their potential in relationships and at school.

To ensure that therapy is the best option for your child we will carry out a thorough assessment (usually 2-3 meetings) to find out more about your concerns and the difficulties your child is experiencing. The length and frequency of treatment will vary depending on the specific needs of your child.

## Out of hours or emergency contacts

The Centre does not offer any out-of-hours or emergency services for children, young people and families. If you require urgent assistance please contact your GP or visit your local A&E department.



**“Talking to my therapist helps my dreams not be so sacry ”**

**“Feeling supported and receiving clear and insightful advice about caring for and helping my daughter”**

**“Appointments provide an opportunity to share and discuss family matters not always discussed at home”**

What children and parents say about the Child Therapy Service



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## How to find out more

For all enquiries please contact  
Laura Baver Clinical Administrator  
who can tell you more about the service  
and arrange for one of our child  
therapists to contact you.  
Telephone: +44 (0)20 7443 2261  
Email: [referrals@annafreud.org](mailto:referrals@annafreud.org)

## How to give feedback

We really want to hear from the parents,  
children and young people who use our  
services. If you have any comments or  
suggestions about your experience of  
coming to the Centre we would love to  
hear from you. Please get in touch by  
emailing [feedback@annafreud.org](mailto:feedback@annafreud.org)

## How to find us

Buses:

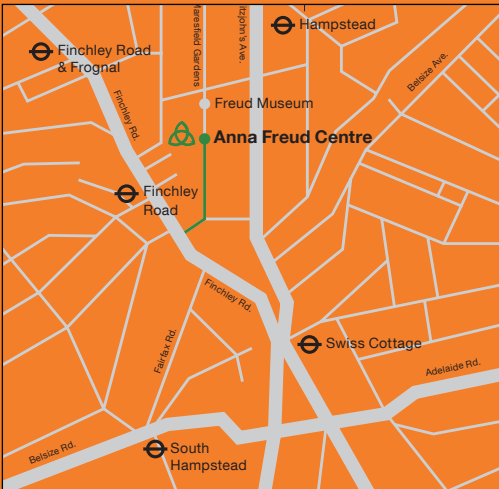
No.46 – stops on Fitzjohn's Avenue  
No.13, 82, 113, 187, 268 & C11 stop on  
Finchley Road

Underground:

Finchley Road – Jubilee & Metropolitan  
Lines  
Swiss Cottage – Jubilee Line  
Hampstead – Northern Line

Overground:

South Hampstead  
Finchley Road & Frognal



### Hampstead site:

12 Maresfield Gardens, London NW3 5SU  
Tel: 020 7794 2313 Fax: 020 7794 6506

[annafreud.org](http://annafreud.org)

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