



Open Door therapeutic support
for Autistic young people

Is this for you?

- **Are you aged between 12 and 18?**
- **Do you live in Haringey or have a Haringey GP?**
- **Have you received an autism diagnosis in the last 3 years or are you waiting for one?**
- **Would you like help with how you are feeling?**

How can we help?

At Open Door we offer a specialised service providing a range of psychological therapies to help young people and their parents during the process of autistic identification. If you are aged between 12-18 and live in Haringey or have a Haringey GP, we have dedicated, highly trained therapists specialising in young people's mental health. We work with many autistic young people. We are here to support you and your parents or carers.

Young People

Our therapists will give you the opportunity to talk and think about what being autistic means to you.

You may not want to talk much about autism and instead want to talk about any other concerns, including problems at home/school/college, relationships, issues with depression, anxiety, anger or violence. That is also okay.

Our therapists have experience of working with many young people with many different concerns, and of helping them to feel better. They will not tell you what to do or say, and they won't judge you.

Autism

Young people often have different thoughts and feelings before, during and after an autism assessment/diagnosis.

You may feel different things at different times. Some young people feel worried, upset, angry or confused. Others feel happy and relieved.

For many young people, having autism recognised helps with understanding themselves better, being kinder to themselves and feeling more hopeful..

What do we offer?

We offer several types of talking therapy as different young people find different approaches helpful. This includes Psychotherapy and Cognitive Behavioural Therapy (CBT). You will talk to the therapist more about what these different types of therapy are - and can look on our website – www.opendooronline.org

Most young people want to meet their therapist on their own to talk. But we do also have some options which include some sessions with you on your own and some with you and your parents/carers together. This will be thought about in your Initial Assessment (when you first come to Open Door). You will decide with the therapist what might be best for you. At Open Door, you will be involved in all decisions about your care. We are a place for young people and only work with young people who want and choose to come to us.

In talking therapy, you will have space to talk about anything that is troubling you. You and your therapist will decide on 'goals' for therapy when you start. These are what you hope will change, from coming to Open Door.

You will work together to help you feel better. This may take a couple of sessions, a few months or longer. We'll work with you to find out what's right for you.

Getting an appointment

We want to make it easy for you to get the help you need. You don't need anyone to refer you; you can contact us directly.

Just call us on **020 8348 5947**, or email us with your phone number at **appointments@opendooronline.org**, to take a referral.

We'll call you back to take some details from you and let you know about next steps. Alternatively, if you are already in touch with Haringey CAMHS, or other professionals, you can ask them to refer you to Open Door via Haringey CAMHS access. Please say that you are waiting for an autism assessment or have found out that you are autistic in the last 3 years.



Where and when will you be seen?

We offer face-to-face sessions in comfortable and fully accessible therapy spaces in Crouch End and Tottenham. You can also talk to your therapist about having online appointments, if you would prefer this. Appointments are available Monday to Thursday 9am to 7pm and 9am to 6pm on Fridays. You can come on your own, or with a parent or carer - whatever feels right for you.

'I want to speak to someone who understands depression and autism'

'I want to be less anxious'

'I want to feel more balanced'

'I want to understand the autism diagnosis'

'I want a space to think about gender dysphoria'



How will it help?

We know from the many young people we've already helped that talking to our experienced therapists in a confidential, safe space can really make a difference.

"Therapy helps autistic people"

"I feel safe here"

"I can ask for help now"

At Open Door we are dedicated to transforming young lives through better mental health.

020 8348 5947

appointments@opendooronline.org

www.opendooronline.org

Open Door Young People's Consultation Service

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Feel different or misunderstood?

We are here to help.



Space for young people to think, talk and be heard