

Meet Hannah

A friendly guide for young people, parents and carers

About Hannah

I'm Hannah, a qualified psychotherapist and counsellor with experience working with both young people and adults. I trained at degree level in counselling and psychotherapy, and I'm accredited with the National Counselling and Psychotherapy Society (NCPS).

I believe every young person deserves a space that genuinely feels like theirs. Somewhere they can show up exactly as they are, without performance or pressure. I know the power of having a safe relationship to create lasting impact. Whether your young person is navigating something specific or just needs somewhere to land, I'd love to help if I can.

If I'm not the right fit, I'll help you find someone who is.

A note for young people

Going to therapy as a young person or teenager can be tough. Sometimes the decision doesn't feel like it's yours, or you've already experienced different versions of support, and you might feel frustrated or fed up with the idea of talking to yet another adult. That's completely understandable.

I work with children and young people from the age of 10, all the way through to adults of any age.

One of the things that matters most to me, no matter how old you are, is that you know I'm not here to tell you what to do, think or feel. I'm here for you, not for your parents, teachers or anyone else. Whilst there are things I have to do to keep everyone safe, your session is your space. You can just be yourself.

Therapy isn't a magic wand, but it can be a place where you talk openly about what's going on, how you're feeling or how you'd like to feel. You might like to learn some different ways of handling things that are happening in your life. Or you might just want to vent! There's no right or wrong way to do this, and no pressure to have it figured out before you arrive.

Lots of teenagers have found sessions useful, even if a bit weird to begin with!

How do sessions work?

- **Length:** sessions last 50 minutes
 - **Where:** in person in Rayleigh or Southend, online by video call, or even chat-based from a laptop or phone, depending on what suits you
 - **How often:** usually weekly to begin with; how long we work together varies from person to person, but around 6 sessions is a typical starting point
 - **Before we start:** I'll usually have a brief chat with a parent or carer to make sure everyone is comfortable, but what you share in sessions stays between us, within the limits of keeping you safe
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Why might a young person come to therapy?

There are lots of reasons, and they don't need to be big or serious (though it's okay if they are). Some young people come with something specific on their mind; others just know something doesn't feel right. Common reasons include:

- **Mental health:** anxiety, low mood, depression, exam stress, panic attacks
- **Relationships:** friendship difficulties, romantic relationships, family conflict or breakdown, difficult relationships with parents
- **Life stuff:** identity, school or college pressure, career uncertainty, neurodivergence, loss or bereavement
- **Health worries:** your own health worries, or worrying about someone close to you
- **Just needing space:** sometimes there's not one big thing. Sometimes you just need somewhere that's yours

The Private Therapy Practice
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