



### About the service

We are a Southampton based service led by a Psychotherapist trained in Group and Family approaches. We aim to provide a supported thinking space for Children and Young People who are negatively affected by confusion, distress or interpersonal difficulties related to gender.

### For Southampton & Hampshire children aged 4-11 (School years R-6)

Parents, carers and schools can understandably struggle with how best to respond to a child presenting with gender related distress. Following an initial meeting to discuss the child's situation and needs we can offer up to six therapeutic sessions where those involved can come together to consider how best the child can be supported with managing their difficulties.

### For Southampton & Hampshire young people aged 12-18 (School years 7 and up)

Although we occasionally offer individual or family sessions to meet specific needs, most of our work with adolescents is in a therapy group that meets on a Thursday 5.15-6.45pm during term time. This service uses art and talking therapies to support young people to:

- Explore their own and each other's thoughts and feelings about gender and related issues.
- Express things that may be hard to put into words.
- Recognise and cope with uncertainties about the future.
- Discuss different ways of managing difficult emotion.
- Identify, celebrate and build on other aspects of personality and identity.
- Look at things from different perspectives.
- Develop interpersonal skills and confidence through exchange with others

### Support for parents and carers

We also facilitate a group once each term where parents/carers of children or young people engaged with this service can share information and ideas about how they can support their child and where we can sometimes hear from visitors with relevant expertise/experience in this area.

### How can I access the service?

For an informal discussion about a child or young person's suitability for this service please email [info@yellowdoor.org.uk](mailto:info@yellowdoor.org.uk). To make a referral use the Get Help tab on our website [www.yellowdoor.org.uk](http://www.yellowdoor.org.uk) and click on 'Make a Referral'. We attempt to respond to all enquiries & referrals within 4 weeks.