

# Youth Action Diversity Trust

## Behavioural Support Service

### - Social Anxiety -



Social Anxiety Disorder is an overwhelming fear of social situations. It is also known as social phobias and is a common problem for young people especially during the teenage years. Social anxiety is not just being shy but is an intense fear that affects everyday life, activities and self-confidence, relationship and school or college life.

If you feel that social anxiety is affecting your life and you would like support then contact our friendly team today.

#### **For more information and to book, please contact:**

North Cray Neighbourhood Centre

1 Davis Way Sidcup DA14 5JR

Tel: 020 8308 3862 / Email: [yadt@sky.com](mailto:yadt@sky.com)

Website: [www.YouthActionDiversityTrust.co.uk](http://www.YouthActionDiversityTrust.co.uk)



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Registered Company No. 5905999

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## Social Anxiety Support

Our friendly Support service is for young people aged 5 to 17 years and can be delivered as one-to-one behaviour support or family support sessions. We charge £40 per session for this behavioural support and all our meetings take place at the North Cray Neighbourhood Centre which is neutral ground for most families.

### One-to-One Support

The one-to-one support gives young people the freedom and safety to explore issues that affect them on a more personal level. After an initial assessment has been made, regular one-to-one support sessions will take place.

### Family Support Sessions

The family support sessions give families the space and opportunity to discuss and resolve social anxiety issues affecting them in a non-judgemental environment. Together families can work towards finding common ground and develop strategies to reduce family conflicts.

## Behavioural Support Service

Being a young person in today's world is challenging and here at YADT, we understand that some young people need a little extra support to help them get a positive start in life or overcome obstacles along the way. We aim to help young people with the issues that affect them. These can be a number of issues such as understanding and coping with ADHD and Autistic behaviours, anger management, improving confidence, enhancing communication and dealing with stress and loss. The Behavioural Support Service can be delivered as one-to-one behaviour support or as family sessions.

## Time Out for Parents Courses

YADT are delighted to be able to offer the Care for the Family: Time Out for Parents Courses under our Behavioural Support Service. These courses are run throughout the year please see the separate course leaflet or visit our website for the next available dates: **[www.YouthActionDiversityTrust.co.uk](http://www.YouthActionDiversityTrust.co.uk)**



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