

Youth Action Diversity Trust

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 work with young people and their families to understand Autism and ADHD behaviours, helping them to develop strategies for a calmer family life. We help young people with the difficulties that affect them, these can be a number of issues such as anger management, social anxiety, improving confidence, enhancing communication and dealing with stress and loss.

Our friendly support service is for young people aged 5 to 17 years and can be delivered as one-to-one 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.

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

Website: www.YouthActionDiversityTrust.co.uk



@YADTBexley



@YADT_2006

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ADHD (with or without a diagnosis)

ADHD is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness. ADHD can be frustrating and overwhelming, but as a parent or carer there is a lot you can do to help your child meet daily challenges and channel their energy into positive outcomes. We work with young people and their families to understand ADHD and help them to develop strategies for a calmer family life.

Autism (with or without a diagnosis)

Autism covers a wide range of conditions or behaviours that can be very challenging for young people and their families. Autism is a lifelong development disorder and can include sensory processing difficulties, communication issues, social interaction issues and different ways of thinking and behaving. We work with young people and their families to understand Autism and help them to develop strategies for a calmer family life.

Handling Anger

Feeling angry is part of being human. It is a natural response to being attacked, insulted, deceived, disappointed or frustrated. It's ok to feel angry and anger can be useful when we know how to manage it well. But it can also be frightening. Anger becomes a problem when it harms you or the people around you and can cause depression, anxiety, sleeping problems and eating disorders. Contact us if you feel that anger is affecting your life and would like support.

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 social anxiety is affecting your life contact our friendly Support Service.

One to one and Family Support

The one-to-one support service gives young people the freedom and safety to explore issues that affect them on a more personal level. The family support sessions give families the space and opportunity to discuss and resolve issues affecting them in a non-judgemental environment. Together families can work towards finding common ground and develop strategies to reduce family conflicts.