

Youth Action Diversity Trust presents

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 then speak to your GP first and if you would like further support then contact our Behavioural Support Service.

For more information and to book, please contact:

North Cray Neighbourhood Centre
1 Davis Way Sidcup DA14 5JR
020 8308 3862

Email: yadt@sky.com / Facebook: @YADTBexley
Website: www.YouthActionDiversityTrust.co.uk



Registered Company No. 5905999 / Registered Charity No. 1118218

One-to-One Support

Our Social Anxiety Support is for young people aged 8 to 17 years and is delivered as one-to-one behaviour 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.

After an initial assessment has been made, weekly one-to-one support sessions will take place. 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.

Get in touch: - If you are a parent, carer or professional and would like to refer a young person, please contact us for a referral form.

Behavioural Support Service

Welcome to the YADT 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 anger management, anxiety, improving confidence, enhancing communication and dealing with stress. The Behavioural Support Service can either be delivered as group workshops for up to 6 young people costing £60 per session or as one-to-one behaviour support costing £40 per session.

If you are a parent, carer or professional and would like to refer a young person, please contact us for a referral form. If you are a professional who would be interested in our group workshops, please contact us for more information.

Time Out for Parents Courses

Throughout the year we run a number of 'Care for the Family: Time Out for Parents Courses'. Contact us now for our latest course dates and fees.

Visit **www.YouthActionDiversityTrust.co.uk** for details of all of our services



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