

Therapeutic mental health services

A guide for children and young people.

What is Orb8?

Orb8 is a service who helps children and young people.

We help with worries, difficult feelings, difficulties getting on with others and doing things which might upset you or other people.

We have lots of different adults such as doctors, nurses, counsellors, therapists and social workers who are very good at working with children and their carers and workers in helping things get better.

We will talk with you about where you would feel comfortable to meet with us.

Who do we work with?

Orb8 works with children, young people and young adults aged 0 to 25 years.

We work with children, families and groups.

We think it is very important to work with carers, and grownups so they can do their best to support and care for the children we work with.

The children and young people we work with may have had lots of other services involved, they may be in care, in special education, or have a lot of health services.

What do we do?

Orb8 tries to understand what a child is feeling, what their problems are and try to help in changing things for the better.

We really want to know what children think, what they find hard, what they are good at and what other people are doing which is helpful or not helpful.

We want to do our best to understand children and their situation.

We use things like art, music, play or talking to get to know and help children.

How it works

A grownup would have asked us to come and see you. They will tell us about you and what they are worried about and then we will come and meet you.

A grownup needs to agree for us to visit you, you also need to agree to see us but you can change your mind if you want to. You can ask any questions you like about us and our coming to see you.

We might just come one time, a few times or lots of times we will talk with you about this.

Tell us what you think

We really want to hear what you think about our Orb8 services and workers.

You can fill in a form or ring us up or record what you think on your workers mobile phone.

If you are not happy with our service or your worker please do tell us. You can ask a parent or carer to help you tell us what you are not happy about. We will really listen hard and try our best to make things better.

We are available Monday to Friday 9am to 6pm.

Email: admin@orb8.org Telephone: 07800 970 049 Or find out more at www.orb8.org