held by

MANTLE PSYCHOLOGY

Support Services for Adults

We pride ourselves on creating a warm, welcoming, and truly personal experience from the moment you walk through our doors. Our small, homely clinics in quiet locations provide a calm and comfortable space where you and your child can feel at ease.



We take the time to really get to know you, listen to your concerns, and work closely with you to develop the best plan tailored to your goals. With a dedicated clinician supporting you throughout your journey, we ensure continuity of care, so you always feel understood, supported, and confident every step of the way.

What makes us different at Held By Mantle Psychology?

Access to a wide range of assessments and support services

Personalised assessments and ongoing support from experienced clinicians, with continuity of care at every stage

A consistent clinician who supports you and your child throughout your journey

Warm, friendly clinics designed to feel calm, comfortable, and welcoming



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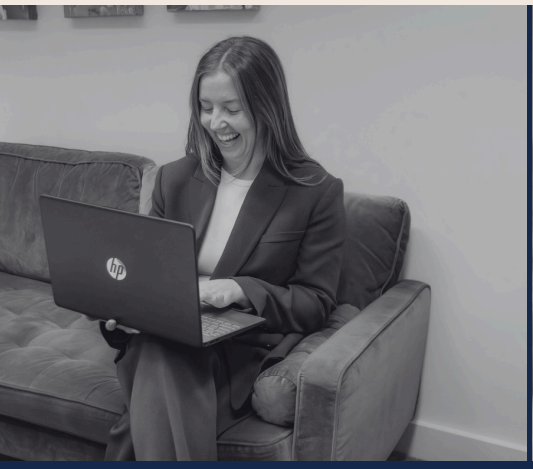





- **Access to a wide range of assessments and support services**
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your initial appointment



At your initial appointment, you will be warmly welcomed into one of our comfortable, supportive clinic environments. This first meeting is an opportunity for us to listen carefully to your concerns, understand your needs, and begin building a positive relationship with you. We will ensure the right assessments are carried out to develop a clear understanding of your individual needs. Together, we will explore your goals and create a personalised plan tailored specifically to support you. It's also a valuable chance for you to get to know our team, and for us to get to know you—so that you feel confident, informed, and supported from the very beginning.





Individualised Plan

- Learning about your strengths and needs
- Screening for different conditions to ensure the right service
- Producing a support pathway plan together

Collaborative Approach

- Incorporating your hopes and goals.
- Providing a clinical opinion while working together to develop the best plan.
- Making decisions together through open, two-way conversations about what matters most to you.



support services for adults



ADHD Coaching

Online or In Clinic

A supportive and strengths-based space to understand ADHD, explore challenges, and develop practical strategies with an experienced clinician.

Individualised coaching tailored to your unique strengths, needs, and goals across home, the workplace, and everyday life.

Ongoing guidance and skill-building to enhance organisation, emotional regulation, confidence, independence, and overall well-being.

PRICE PER SESSION: £70



Autism Coaching

Online or In Clinic

A supportive, neuroaffirmative space to better understand autism, explore individual strengths and challenges, and develop strategies that work for you.

Individualised coaching tailored to your unique profile, helping you build self-awareness, social understanding, communication skills, and confidence.

Ongoing support to promote wellbeing, independence, and resilience, empowering you to thrive at home, in the workplace, and in the community.

PRICE PER SESSION: £70



Psychological Therapy

Online or In Clinic

We offer a safe, supportive space to explore thoughts, feelings, and experiences with a compassionate clinician

Individualised, evidence-based therapeutic approaches tailored to your needs and goals

Ongoing support to build emotional wellbeing, resilience, and confidence in everyday life

PRICE PER SESSION: £95 to £120

We offer a range of therapeutic services at Held By, tailored to your specific needs:

Cognitive Behaviour Therapy (CBT)

A goal-orientated model that focuses on how thoughts, feelings and behaviours interlink and how you can develop coping strategies and make helpful changes.

Cognitive Analytic Therapy (CAT)

A collaborative and relational approach that aims to identify and make changes to the patterns that are causing problems in the present but based on an understanding of how early life experiences and important relationships have shaped these difficulties.

Eye Movement and Desensitisation and Reprocessing (EMDR)

A trauma-focussed and structured intervention that helps you to process negative images, emotions, beliefs and body sensations associated with traumatic memories with the aim of reducing distress and promoting recovery.

Art Psychotherapy

Supports the use of art and art-making to explore difficult personal or cultural experiences, offering a unique way to express often complex thoughts and feelings via art alongside talking.

Family and Systemic Psychotherapy

A model that can work with people in any form of close relationship to express and explore difficult thoughts and feelings safely and to help promote better understanding and support of each other.

Dialectical Behaviour Therapy (DBT)

A skills-based model to support with managing intense emotions and negotiating social relationships

Acceptance and Commitment Therapy (ACT)

An action-orientated and values-based approach that aims to develop flexible ways of thinking and encourage the acceptance of negative thoughts and emotions to promote and improve wellbeing.

Compassion Focussed Therapy (CFT)

A therapeutic model that focusses on supporting people to develop compassion for themselves and others in order to help to regulate difficult emotions, reduce psychological suffering, and improve wellbeing.

Mindfulness

Techniques that help us pay particular attention to our own thoughts and feelings and the world around us and be in touch with the present moment. The aim is to observe and notice in order to understand ourselves better and increase our sense of calm and wellbeing.

Psycho-education and guided self-help

Therapeutic and structured approaches to aiding understanding and knowledge around mental health, symptoms, and interventions. The focus is on supporting people to build knowledge and understanding of their own mental health needs and exploring tools, techniques, and strategies for self-coping and managing.

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Speech and Language Therapy

- Personalised therapy to support speech, language, and communication development based on individual needs
- Engaging, evidence-based sessions designed to build confidence and functional communication skills
- Ongoing support and practical strategies for home, the workplace, and everyday situations

PRICE PER SESSION: £95



Occupational Therapy

- A neuroaffirmative and client-centred approach that supports your participation, independence, and confidence in daily activities at home, the workplace, and in the community.
- Individualised, evidence-based occupational therapy tailored to your sensory, motor, emotional regulation, and functional needs, building on your unique strengths.
- Practical strategies and ongoing support to enhance self-care, emotional regulation, sensory processing, social participation, and everyday life skills.

PRICE PER SESSION: £95





West Yorkshire

The Old Coach House
Daisy Lane
Holmfirth
HD9 1HS



Derbyshire

8b Hathersage Business Park
Heather Lane
Hathersage
S32 1DP



North Yorkshire

104 High Street
Knaresborough
HG5 0HN



East Riding

St. Marys Court
North Bar Within
Beverley
HU17 8DG

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Contact Us

We're here to answer your questions and guide you through the Held By Mantle journey; whether you're a parent, a carer or looking for support for yourself, feel free to reach out to us.

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