MY VISIT TO HATHERSAGE CLINIC

mantle PSYCHOLOGY
held by MANTLE PSYCHOLOGY

I am going somewhere I have never been before. It's okay if I feel nervous, excited or unsure about going somewhere new. I can look at this story before my visit, so I know what to expect.

I can take my time and ask questions if I need to at any point – the people I will meet are here to help me and make me feel as comfortable as possible.

Mantle Psychology

Unit 8b Hathersage
Business Park
Heather Lane
Hathersage
North Derbyshire
S32 1DP





The drive into the clinic is through lots of lovely countryside. There are trees and fields, with a train track running right next to the clinic and car park.

If I listen carefully, I might hear the animals and the trains coming and going. This is a lovely, peaceful start to my visit.

Once I reach the end of the car park, in front of me I will see lots of buildings with big bright windows. This is where my appointment will take place.





When I arrive, I can ring the doorbell and the people that my parent/carer has been speaking with will come to the door to meet me.

They will say hello and bring me inside. I will be shown where the bathroom is – I can go to the bathroom at any point of my visit.

I might be taken to a waiting area, but I will then be taken into the room I will have my appointment in.



When I get to the room, I can sit where I feel most comfortable and the people that come along with me can stay with me until I feel settled.

The room will have things I can enjoy, including books, toys and games. I can look at these while I am waiting.

MY VISIT TO BULLHOUSE MILL

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I will be asked if I would like something to drink. If I don't want one right away, that's ok - I can ask for one at any point.

I will meet new people who are really friendly and are here to help me. They will tell me a little bit about themselves and what will happen during my session.

During my appointment I might play some games, answer some questions about my life, and do some drawing.

My parent/carer probably won't be in the room with me, but they will always be nearby in case I need them at any time, and this is OK too.

I can talk, gesture, write, type or draw. I can say or show if I do not understand, need more time or need a break. I can bring headphones, a fidget, a comfort item or a drink. If I need the toilet, I can ask where it is and go at any time.

I might feel curious, worried, tired or something else. I do not have to hide my movements, emotions, communication style or sensory needs.



This is my first time here. I do not have to know what everything is or what will happen straight away.

The people I meet want to help me and explain things to me. I can take things one step at a time.

I might feel nervous at first, but I can become more familiar with the clinic each time I visit.

The people I will meet are here to help me.



It's okay if I need some time to get used to the new room and the new people.

I can have a break if I need one

I can ask for help

I can ask questions if I don't understand something.

I can take my time

I can say if I am feeling worried, uncomfortable, or if I need a break

I am ready to visit Mantle Psychology and the lovely people who are here to help me, and they are looking forward to meeting me.