MY VISIT TO KNARESBOROUGH 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

104 High Street
Knaresborough
North Yorkshire
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The journey into the clinic is through Knaresborough centre. There will be lots of exciting things to look at.

If I listen carefully, I might hear the sound of traffic from the main road, and people going about their day-to-day lives.

After parking behind the Knaresborough clinic, in front of me I will see a building. 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.