

# YPI Wellbeing Advisor Sessions

Sara is our Wellbeing Advisor from YPI, a private counselling service in Basingstoke, who provides sessions for young people aged 11-24. She does not provide counselling sessions at our surgeries, but her sessions provide support for mental health/wellbeing concerns.



She helps young people talk through their emotions, thoughts, behaviours, events, issues in school or at home, issues within friendships, personal relationships and colleagues: She helps people having issues with education and life choices, young people dealing with stress/anxiety and panic, issues with self-harm, issues with disordered eating, identity.

She also refers people for counselling or mentoring at YPI in Basingstoke, and signposts people to a large variety of support agencies and charities. She also offers psychoeducation on a broad spectrum of mental health issues.

Here are a few **frequently asked questions** that some patients have for Sara:

1. She is not the counsellor herself, but can refer on to a counsellor suitable for children and young people (age 11-24).
2. She cannot diagnose or assess young people for anxiety/depression or neurodivergence (ASC or ADHD).
3. She cannot prescribe any medications, including melatonin.
4. As Sara is not directly part of the NHS, she cannot influence CAMHS waiting lists.
5. Sara can offer up to monthly sessions, diary allowing, but unfortunately no more often than that.

