



IN-SCHOOL SERVICES TO SUPPORT CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH

ONE CUP AT A TIME.



TEA OF
THERAPY

WHO WE ARE

Tea of Therapy promotes therapeutic practice to children and young people - supporting children from the ages of 5 - 21 years old. We created this platform to make therapy more accessible to children, schools, parents & carers.

As of now, the current statistics illustrate that 70% of Children and Young people that experience mental health problems do not have early interventions. We believe that by raising awareness of this matter, we can do our part to lower the rates.

The term TEA breaks down to Therapy Equates to Awareness. This concept is what makes us unique. Tea of Therapy is motivated to raise awareness and get the conversation flowing, and what better way to open up discussion than with a cup of tea. From a simple cup of TEA, we can create awareness around mental health and support needed for Children and Young people that need us most.





“

I was once a child, like we all were, and I believe that if I had the support that Children and Young People have now, whereby they can speak to someone that is relatable, reliable, and that cares enough to attend weekly sessions and listen, then I am sure the decisions in my life may have been different. I would feel more comfortable to open up and speak on things freely.

Let's take them by the hand and guide the next generation by the hand and support them to be thriving citizens in our community. '

**NICOLE HENRY
FOUNDER.**

OUR SERVICES

We offer a range of services to support the mental health of our children and young people.

SCHOOL COUNSELLING

WHY CHOOSE OUR COUNSELLING SERVICE?

- Individualised Approach: Counselling sessions are tailored to each student's unique needs and goals.
- Qualified Counsellors: Our trusted counsellors are well-vetted and experienced in working with students.
- Confidential Environment: Students can feel safe and secure discussing their concerns.
- Flexible Scheduling: We offer flexible scheduling options to accommodate students' busy lives.

WHAT ARE THE BENEFITS?

- Improved academic performance
- Enhanced social-emotional skills
- Increased self-esteem
- Better coping mechanisms
- Reduced stress and anxiety

“

WE HAVE THOROUGHLY ENJOYED WORKING ALONGSIDE TEA OF THERAPY. NICOLE AND HER TEAM OF COUNSELLORS ARE EXTREMELY PROFESSIONAL AND DETERMINED TO HELP US ACHIEVE THE BEST POSSIBLE OUTCOME FOR EACH AND EVERY CHILD. IT COMES AS NO SURPRISE THAT WE HAVE CONTINUED TO USE TEA OF THERAPY FOR A THIRD CONSECUTIVE YEAR AND LOOK FORWARD TO OUR ONGOING PARTNERSHIP. THANK YOU NICOLE AND DOLORES.

”



L CHRISTOFIDES - TOLLGATE PRIMARY

SCAN THE QR CODE FOR SCHOOL COUNSELLOR PACKAGES.

OUR SERVICES

GROUP MENTAL HEALTH SESSIONS

WHY CHOOSE OUR GROUP MENTAL HEALTH SESSIONS?

- Opportunities for peer support and connection
- Open to all students
- Learn effective coping strategies for stress, anxiety, and depression
- Develop resilience and the ability to bounce back from challenges
- Improve self-awareness and self-esteem
- Enhance social-emotional skills
- Connect with peers in a supportive environment

WHAT THEY WILL LEARN?

- Mindfulness and meditation techniques
- Positive thinking and affirmations
- Goal setting and time management
- Healthy communication and conflict resolution
- Stress management and relaxation techniques

“ **IN RESPONSE TO A SPECIFIC NEED OF OUR SCHOOL WITH SELF-ESTEEM IN OUR YOUNG FEMALE STUDENTS I ASKED NICOLE TO COME IN AND RUN A WORKSHOP FOR OUR STUDENTS. THE COMMUNICATION AND PLANNING WAS EXCELLENT IN THE BUILD-UP AND THE WORKSHOP WAS DELIVERED WITH PROFESSIONALISM AND FROM A PLACE OF REALLY VALUING THE STUDENTS THOUGHTS AND OPINIONS ON THE SUBJECT MATTER. WE WOULD NOT HESITATE AGAIN TO BRING IN NICOLE FOR SIMILAR WORKSHOPS IN THE FUTURE.** ”

M. PRICE - SYDNEY RUSSEL SCHOOL

COSTING

- 6week program
- 10-15 students
- Weekly basis
- £3000



BOOK WITH US!

OUR CLIENTS



For
further
inquires:



TEAOF THERAPY



Contact us
WhatsApp: 07946315122
Email: hello@teaoftherapy.com
www.teaoftherapy.com