Brandon Centre Services

The Brandon Centre provides:

• Contraception and sexual health services for young people;
• Counselling and psychotherapy services for young people;
• Counselling at Drum, Lift and Platform in Islington; and
• Services for the parents and carers of teenagers.

Call us for more information. Separate information leaflets are available.

All services are free so you won’t have to pay for anything.

All services are confidential. This means we will not tell anyone that you have been to the Brandon Centre unless you give us permission to do so.

You can refer yourself to all services by calling us or by dropping into the Centre.

Brandon Centre for Counselling and Psychotherapy for Young People
A Company limited by guarantee.
Registered in Cardiff No. 1830241.
Registered Office: 26 Prince of Wales Road, London, NW5 3LG
Registered Charity No: 290118

What people say about us

“The best thing about the help I am getting is the fact that I am allowed to talk about what I want, to a professional.”

“The help here is what I need, even if I do seem like I don’t want it. I know this process isn’t going to be easy but I know this is what I need.”

“It’s hard to actually receive help for my situation but it is good to talk to someone about my problems.”

The Drum
167 Whitecross Street
London EC1Y 8JT
Telephone: 020 7336 0022 Fax: 020 7336 0033
Email: drum@brandoncentre.org.uk
Website: www.brandoncentre.org.uk
Opening Times: Thursdays 2.00pm – 8.00pm & Fridays 9.00am – 3.30pm
Train and Underground: Old Street station (Northern Line, Subway 3 towards Barbican)
Buses: 21, 43, 56, 76, 141, 205, 243, 271, 394

Lift
45 White Lion Street
London N1 9PW
Telephone: (The Brandon Centre) 020 7267 1321
Fax: (The Brandon Centre) 020 7267 5212
Email: counselling@brandoncentre.org.uk
Website: www.brandoncentre.org.uk
Appointments: Mondays
Train and Underground: Angel Underground Station (Northern Line)
Buses: 4, 19, 30, 38, 43, 56, 73, 153, 205, 214, 341, 476

Platform
Hornsey Road Baths
260 Hornsey Road
London N7 7QT
Telephone: (The Brandon Centre) 020 7267 1321
Fax: (The Brandon Centre) 020 7267 5212
Email: counselling@brandoncentre.org.uk
Website: www.brandoncentre.org.uk
Appointments: Tuesdays and Fridays
Train and Underground: Finsbury Park Underground Station (Victoria Line)

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What sort of problems can be helped through counselling and psychotherapy?
Young people ask us for help with all sorts of problems and difficulties, for example:
• bereavement;
• being bullied;
• feeling suicidal;
• feeling isolated;
• eating problems;
• family problems;
• feeling angry or violent;
• self-harming;
• sexual or emotional abuse;
• feeling unhappy or depressed;
• sexual or emotional relationship difficulties; or
• difficulties at school, college or work.
You don’t need to wait until a problem is getting on top of you before you try counselling. Get in touch with us even if what is troubling you does not seem that serious as often it can be easier to resolve than if you leave it and it gets worse.

What happens in counselling and psychotherapy?
Counselling and psychotherapy are not the same as giving advice or telling you what to do. Instead, your therapist will help you to understand the issues that are worrying you, so that you can decide for yourself how best to deal with them. In your sessions you can talk about whatever you need to without being judged, and in the knowledge that what you say will remain confidential. Your therapist will respect your values and lifestyle and you can use the time you spend together to help you think about any choices or changes that you would like to make. Individual sessions will usually last for 50 minutes and take place in a comfortable and private setting. How many times you need to come will depend on what is helpful for you.