

Testimonial from a Mum – June 2019

My 11-year-old son had returned from a school trip, very low in mood and experiencing very dark thoughts. He had faced his first rejection from a 'crush', this had left him isolated from his friends and feeling that his life was worthless.

As parents we were deeply saddened and although we felt we had taught him the skills, to cope with such events, he'd lacked adult support whilst away and this had left him vulnerable. We looked for some outside support, as we felt that he may need to talk to someone, other than us, about how he was feeling. I contacted Jane, following a recommendation from a friend.

Jane quickly returned my email and spoke to me at depth, to find out about my son and how he was feeling. We arranged a home visit and as soon as I met her, I knew that she would be a great support.

She listened to my son, took time to get to know him and helped him realise, that he had the skills to deal with such events. She also showed him some new strategies, to work through at times like this, teaching him that there will be times like this but that he could cope with and learn from them. Jane made him feel calm, relaxed and helped to rebuild his self-esteem.

He continues to use some of the strategies that Jane gave him, sometimes as relaxation and at more difficult times. He is now a very happy and confident young man, who openly discusses the importance of emotional wellbeing. Jane has a very caring way and was a fantastic support, at a very difficult time, I cannot recommend her enough.