



Growing Minds Therapy Expands Mental Health Support for UK Youth

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Growing Minds Therapy has expanded its mental health services to address the increasing demand for specialized therapeutic support for children and adolescents across West Sussex, South Hampshire, and through online platforms. The practice, led by BABCP-accredited psychotherapist Melissa Urwin, provides evidence-based treatment for anxiety, depression, Obsessive Compulsive Disorder, Post-traumatic Stress Disorder, and school avoidance.

The expansion comes as families throughout the region face extended waiting times for NHS Child and Adolescent Mental Health Services, with many young people requiring immediate intervention for mental health challenges. The practice offers both face-to-face sessions at its Graylingwell Park location in Chichester and virtual appointments to accommodate diverse family needs and preferences.

Melissa Urwin, founder and lead therapist at Growing Minds Therapy, brings over twenty years of experience working with young people in educational settings and NHS mental health services. Her qualifications include specialized training as a Child and Young Person CBT Psychotherapist through an accredited program at the University of Reading, alongside registration with the British Association for Behavioural and Cognitive

Psychotherapies.

"The mental health landscape for young people has changed significantly in recent years, with anxiety and depression affecting children at increasingly younger ages," said Melissa Urwin, founder of Growing Minds Therapy. "Our expanded services ensure that families have access to Cognitive Behavioural therapy for children and young people when they need it most, without the lengthy delays that can exacerbate existing challenges."

The therapeutic approach employed at the practice combines established CBT protocols with adaptations tailored to each young person's specific circumstances. This includes standard Cognitive Behavioural Therapy, mindfulness-based techniques, and acceptance and commitment therapy methods designed specifically for adolescents. The practice emphasizes a collaborative approach, working closely with families to establish treatment goals and ensure consistent progress.

School avoidance has emerged as a particular area of focus for the practice, as educational disruptions have led to increased anxiety around returning to classroom environments. The therapy addresses underlying factors contributing to school refusal, helping young people develop coping strategies and rebuild confidence in academic settings.

"Evidence shows that early intervention makes a substantial difference in treatment outcomes for young people experiencing mental health difficulties," noted Urwin. "By providing timely access to specialized therapy, we help prevent these challenges from becoming entrenched patterns that persist into adulthood."

The practice follows a structured three-step process beginning with a complimentary 20-minute consultation call, followed by a comprehensive initial assessment lasting up to ninety minutes, and then regular intervention sessions focused on collaboratively agreed goals. Treatment duration typically ranges from eight to twenty sessions, depending on individual needs and the complexity of presenting issues.

Growing Minds Therapy serves families across West Sussex and South Hampshire, with online services extending reach to young people throughout the UK. The practice specializes in evidence-based therapeutic interventions for children and adolescents experiencing various mental health challenges, including anxiety disorders, depression, OCD, PTSD, and school-related difficulties.

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Growing Minds Therapy

Growing Minds Therapy provides specialist CBT for children and young people with anxiety, depression, OCD and PTSD. Founded by a BABCP-accredited psychotherapist with 20+ years in education and NHS CAMHS. Based in Chichester, West Sussex.

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