



MUSIC THERAPY FOR YOUR CHILD

"Thank you for giving my son a voice."
Parent of autistic child

**NORTH
LONDON
MUSIC
THERAPY**

WHAT IS MUSIC THERAPY?

Music therapists work with people, using music to enable communication and self-expression.

Sessions can be held 1:1 or in small groups. During sessions, children can play piano, guitar, drums, percussion or can sing, talk, tell stories or write songs.

Mental health is an increasing issue amongst school-aged children. Music therapy can help address behaviour concerns, increase focus in the classroom, develop social skills and provide support for children who need the most help.

WHO CAN BENEFIT?

NLMT works with primary and secondary school aged children helping with mental health needs such as:

- Anxiety
- Stress
- Depression
- Social, emotional and mental health (SEMH)
- ADHD
- OCD
- Eating disorders
- Early trauma
- Complex family issues

"It's good. I can say how I really feel. The drums help too."

Service user (secondary school)

HOW CAN I GET MUSIC THERAPY FOR MY CHILD?



Sessions are held on a weekly basis, and last for either 30 or 50 minutes. They take place at our clinics in Finchley and Greenwich, or at another suitable location, including schools.

Our music therapists will need a consistent private room available each week, access to a keyboard or piano and percussion instruments.

All NLMT music therapists hold enhanced DBS checks and hold Safeguarding Level 3 training as a minimum.

FOR MORE DETAILS

Contact NLMT

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