



Finding Your Wings:
An Introduction to BeeMe Therapy for
Children & Young People

We're here to help children and teens when things feel tough, confusing, or overwhelming. If you're reading this, you might be wondering what therapy is all about—and that's totally normal!

What is Therapy Anyway?

Therapy is like having someone in your corner who:

- Really listens to you
- Doesn't judge you
- Helps you figure stuff out
- Teaches you ways to feel better
- Supports you through difficult times

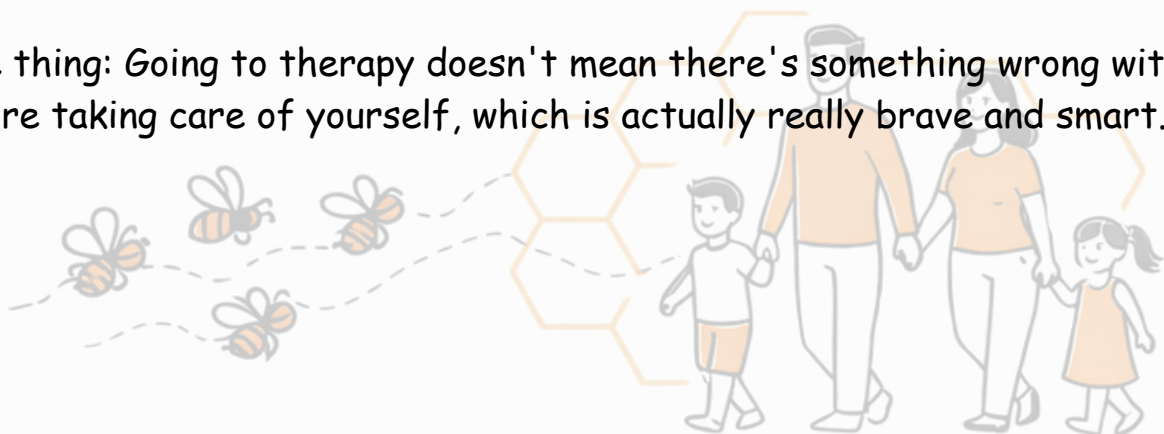
Think of it as a safe space where you can talk about anything that's bothering you—or not talk at all if you don't feel like it. We can play games, do activities, draw, or just hang out while we work through things together.

Why Do People Go To Therapy?

Lots of reasons! You might be dealing with:

- Feeling worried or anxious a lot
- Feeling sad or down
- Anger that's hard to control
- Stress at school or home
- Friendship or relationship problems
- Family changes (like separation or moving)
- Something difficult that happened to you
- Trouble sleeping or concentrating
- Not feeling good about yourself
- Just feeling like something's not quite right

Here's the thing: Going to therapy doesn't mean there's something wrong with you. It means you're taking care of yourself, which is actually really brave and smart.



What Happens In Therapy?

First Session

We'll meet you and get to know you a bit. We might ask questions like:

- What do you like to do for fun?
- What's going on that brought you here?
- What would you like to feel different?
- What are you good at?

Your parent/carer will probably be there for part of it, but we'll also spend time just with you.

After That

Sessions are usually about an hour, once a week (sometimes every two weeks). What we do depends on you:

- Talk about what's going on
- Play games that help us understand ourselves better
- Do activities like drawing, music, or movement
- Learn strategies to deal with tough situations
- Practice skills for managing emotions
- Problem-solve together

You help decide what we work on. This is YOUR time.

Where Do We Meet?

The cool thing about BeeMe is we come to YOU! We can meet:

- At your home - in a private space where you feel comfortable
- At your school - during school hours (with permission)
- In the community - at a local space that works for you
- Online - via video call if you live far away or prefer that

No boring waiting rooms or clinical offices—just somewhere you feel relaxed.



Will You Tell My Parents Everything?

Short answer: No, not everything.

Here's how it works

What stays private:

- Most of what you tell us stays between us
- We want you to feel safe and to be honest
- We'll talk with you about what to share with your parents

What we have to tell someone:

- If you're thinking about hurting yourself
- If you're planning to hurt someone else
- If someone is hurting you
- If the law says we have to

Important: We'll ALWAYS talk to you first before we tell anyone anything. We won't surprise you.

What If I Don't Want to Talk?

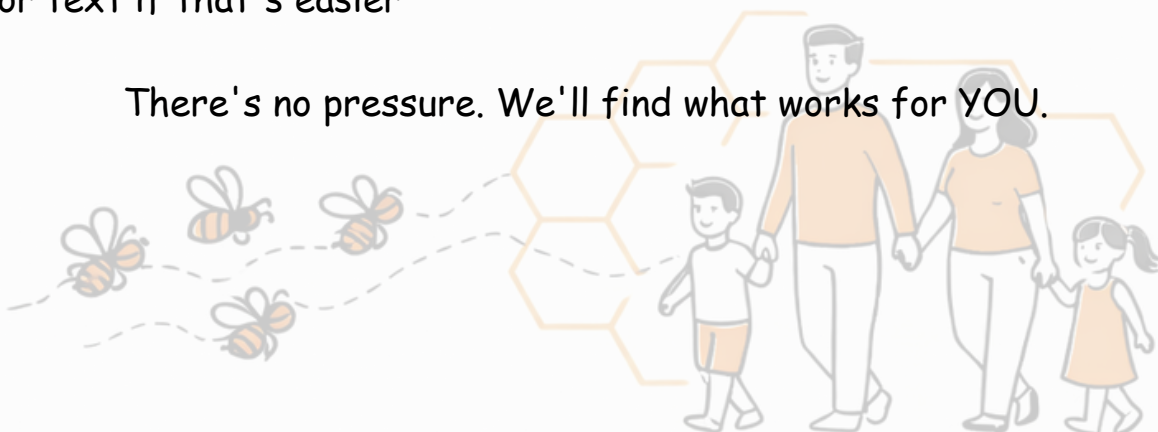
That's completely okay! Seriously.

Some people find it hard to talk at first—or ever—and that's fine.

We can:

- Do activities instead
- Draw or create things
- Play games
- Just sit quietly
- Use music or videos
- Write or text if that's easier

There's no pressure. We'll find what works for YOU.



What If I Don't Like My Therapist?

It's important that you feel comfortable with your therapist. If you don't click with them, that's okay!

You can:

- Tell them how you're feeling (they won't be offended)
- Ask to try a different therapist
- Talk to your parent/carer about it

We want this to work for you, so we'll do what we can to make it feel right.

Do I Have To Go?

We know sometimes you might not want to come, and that's normal. But give it a try—lots of young people who didn't want to come at first end up finding it really helpful.

If you really don't want to be there, tell us. We can talk about what would make it easier for you.

How Long Does It Take?

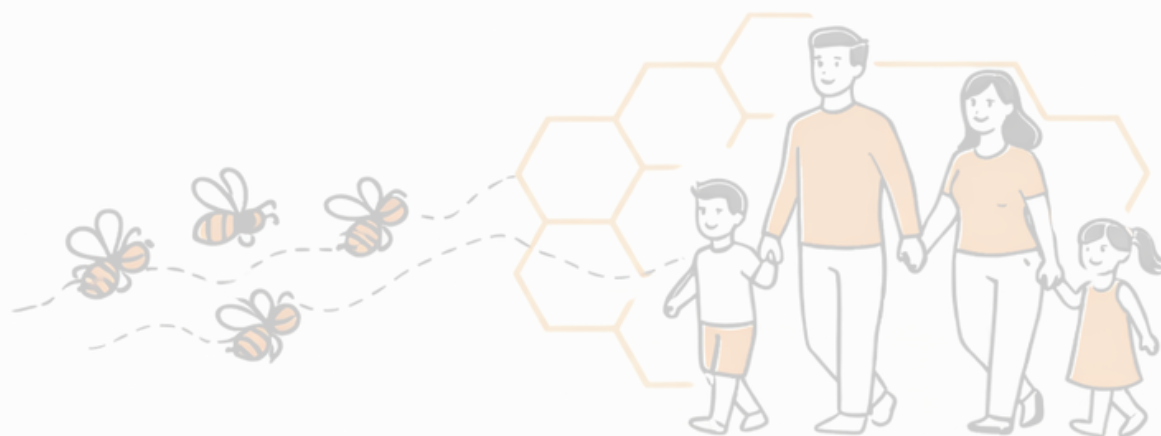
It depends on you and what you're working on. Some people come for a few weeks, others a few months. We'll check in regularly to see if it's helping and if you want to keep coming.

You're not stuck forever—therapy ends when you're feeling better and ready.

Will Anyone At School Know?

Only if you and your parents say it's okay. Sometimes it helps to let teachers know so they can support you, but that's YOUR choice (and your parents').

We won't contact your school without permission.



What If Things Get Worse?

Sometimes when you start talking about difficult stuff, it can feel worse before it gets better—kind of like cleaning out a messy room. That's normal.

But if you're really struggling, tell us or tell your parents. We can adjust what we're doing or get you extra support.

In an emergency:

Tell a trusted adult immediately

Call Kids Helpline: 1800 55 1800 (they're available 24/7)

Call 000 if you're in danger

What If I'm Feeling Worried Between Sessions?

You can:

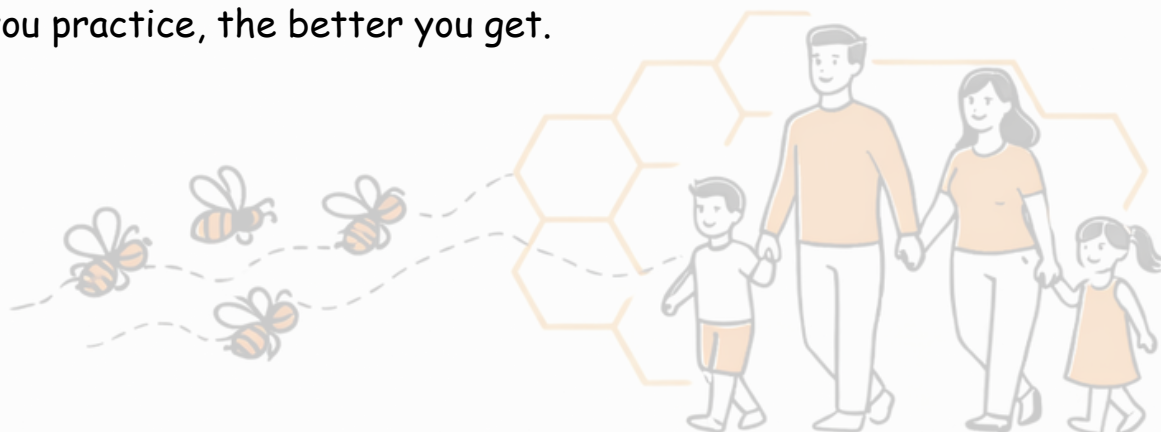
- Talk to your parents or a trusted adult
- Use strategies we've practiced together
- Write down your thoughts to bring to the next session
- Call Kids Helpline: 1800 55 1800 (free, 24/7, confidential)
- If it's urgent, don't wait—get help right away.

Will Therapy Actually Help?

Honestly? For most people, yes.

But it takes:

- Time—changes don't happen overnight
- Effort—you have to be willing to try
- Honesty—being real about what's going on
- Practice—using skills between sessions
- Think of it like learning a sport, instrument or when you learn to ride a bike—the more you practice, the better you get.



Your Rights

You have the right to:

- Be treated with respect
- Have your privacy protected
- Understand what's happening in therapy
- Ask questions anytime
- Say what's working and what's not
- Stop therapy if you want to

Some Real Talk From Other Young People

"I thought therapy would be weird, but it actually helped me understand why I was so angry all the time."

"My therapist doesn't talk to me like I'm a little kid. They actually get it."

"I didn't think talking would help, but it does. Plus we play games which is cool."

"It's nice having someone who's just there for me and doesn't have their own drama."

FAQS (Questions We Always Get Asked)

Q: Is therapy just for people with serious problems?

A: Nope! It's for anyone who wants support, whether things are really hard or just a bit tricky.

Q: Will I have to lie on a couch and talk about my childhood?

A: Ha! No. That's just in movies. We usually just sit and chat, or do activities.

Q: What if I cry?

A: That's totally fine. We have tissues! Crying is a normal way to let feelings out.

Q: Can I bring a friend?

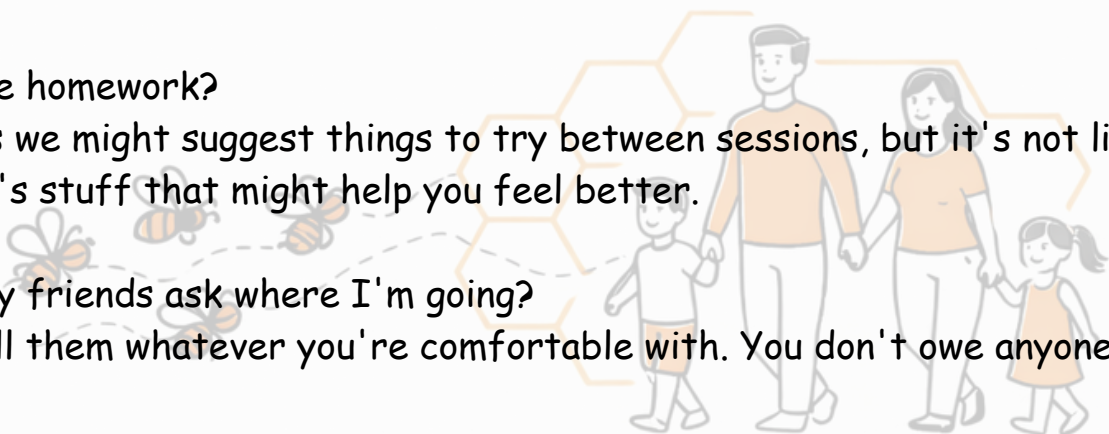
A: Usually therapy is one-on-one, but we can talk about what would help you feel comfortable.

Q: Do you give homework?

A: Sometimes we might suggest things to try between sessions, but it's not like school homework. It's stuff that might help you feel better.

Q: What if my friends ask where I'm going?

A: You can tell them whatever you're comfortable with. You don't owe anyone an explanation.



Ready To Give it A Try?

Remember:

- You're not alone—lots of young people can struggle with things.
- You're not alone—lots of young people get support through therapy.
- It's okay to feel nervous
- You don't have to have everything figured out
- We're here to help, not judge
- You're in control of your therapy



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