



Become a Friend of Open Door



“It’s hard to describe how much help I have received from Open Door. My life has changed in so many ways since I started coming here. The person I saw really listened to me, it has helped me so much. My life is different now.”
(Young service user)

About Open Door

For 40 years, Open Door has been working to improve the emotional health and well-being of young people in their transition from childhood to adulthood. Thousands of young people have turned to Open Door for help with problems including depression, anxiety, self-harm, anger and aggression, drug and alcohol misuse, eating disorders and psychosis. Many have endured abuse, trauma, bullying, violence and family breakdown. Some are facing early pregnancy and parenthood, some are struggling to establish new lives as refugees, whilst others are striving to manage their adolescent development with the additional challenges of disability.



Open Door offers a range of effective interventions including Counselling, Psychotherapy, Cognitive Behaviour Therapy and Mindfulness to young people aged 12-24. We also offer specialist support for parents and carers facing the particular challenges of parenting teenagers.

Open Door works with young people, parents and families from across Haringey and beyond.

We are dedicated to providing a high quality service in welcoming, non-stigmatising settings which young people can access directly. We have bases in Crouch End and Tottenham and also work in secondary schools.

Young people today are facing almost unprecedented pressures in their transition to adulthood and rates of mental ill health are increasing. Of the 220 young people who came to Open Door last year, nearly 70% were experiencing low mood and depression in the moderate to severe range and 46% had self-harmed, rising to 61% in the 18-24 age group.

Whilst the demand for services increase resources do not.

Open Door's waiting list rarely falls below 100 and experience shows that the longer the wait, the more severe the difficulties become. With your support we will be able to help more young people get the help they need when they need it - young people like Hannah

Hannah was 18 when she contacted Open Door having read about us on the internet. Hannah was severely depressed, had dropped out of sixth-form college and was barely leaving her room. She spent her days stuck at home in a dreamy state, mostly in bed. When she did become anxious or distressed she would cut herself which she later described as a 'release'.

Hannah lives with her mother, a lone parent who had always had to work long hours to support the family. Hannah's contact with her father had been sporadic since her parents' acrimonious separation when she was 4. Hannah described a lonely childhood and conveyed a feeling that she was often left to manage her difficulties by herself.

Hannah was offered once weekly psychotherapy but found it difficult to attend. She struggled to leave the house, becoming overwhelmed with feelings of anxiety and panic. She was offered sessions with our CBT/Mindfulness Therapist to help with her anxiety and to learn relaxation techniques.

Following this, Hannah was more able to attend her psychotherapy sessions and began to explore her experiences and to make sense of her difficulties. Six months later Hannah met with Open Door's key-support worker in order to plan her return to college. She also began volunteering part-time with the hope that she would be able to secure a part-time paid job.

Hannah continues in psychotherapy. She still has 'difficult' days but is much more hopeful about her life. She is no longer self-harming, is beginning to study again and to make new friends. She is making plans for the future and has expressed her gratitude to Open Door, which in her own words 'has turned my life around'.

Become a Friend of Open Door

By becoming a Friend of Open Door, you will be making a huge difference to the lives of young people like Hannah. You will also become part of an engaged and valued group of Open Door Friends. Benefits include:

- ⇒ A twice yearly newsletter to let you know how our work is going.
- ⇒ Opportunities to share your thoughts about developing our work.
- ⇒ An invitation to our annual Friends of Open Door social gathering.
- ⇒ An acknowledgement of your support, should you agree, by naming you as a donor on a dedicated webpage.

Just complete and return the form on the back of this leaflet

SIGN UP AS AN OPEN DOOR FRIEND (or make a 1-off donation)



- As an individual friend £30 per annum (or £2.50 per month)
- As Joint friends (2 adults living at the same address) £48 per annum (or £4 per month)
- As a young person (under 25) £12 per annum (or £1 per month)
- I would like to make an additional donation of : £
- The total payment is : £
- I don't wish to become a friend but I am making a 1-off donation of : £
- I enclose a cheque made payable to Open Door, Young People's Consultation Service; or
- I wish to pay direct from my bank account (please send me a details on how to do this)

YOUR DETAILS

Individual friend	First name <input type="text"/>	Surname <input type="text"/>	Ms/Mrs/Mr etc <input type="text"/>
Joint friend (if applicable)	<input type="text"/>	<input type="text"/>	<input type="text"/>
Address	<input type="text"/>		
	<input type="text"/>		
	postcode <input type="text"/>		
Telephone <input type="text"/>	email <input type="text"/>	@ <input type="text"/>	

GIFT AID (we can claim an additional 25p from the Government for every £1 you donate)

giftaid it I am happy for **Open Door, Young People's Consultation Service** to treat all subscriptions/donations I make until I further notify you otherwise as Gift Aid. I pay an amount of Income Tax and/or Capital Gains Tax for each tax year that is at least equal to the amount of tax which will be reclaimed as Gift Aid for the nominated charities above. I've given the correct information about my status. I understand if my circumstances change it might not be possible to reclaim Gift Aid on my donations and I would then need to notify Open Door.

Signature(s) Date

Please notify Open Door if you change your name or address or if you wish to cancel. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please return this form to: Open Door, 12 Middle Lane, Crouch End, London N8 8PL
 Tel 020 8348 5947 email enquiries@opendooronline.org Reg Charity No 299707

