



Southampton Psychology Service

Telephone consultation service for parents and carers of children and young people with social communication difficulties

Educational psychologists are trained and experienced in child development, learning and wellbeing. We use psychology to promote learning, development and wellbeing for children and young people.

Our new telephone/video consultation service is available to parents and carers of children and young people with social communication difficulties and/or autism. Consultations can be requested where there is a concern about learning and education, behaviour, or worries about wellbeing. Discussions are confidential.

[Requesting a consultation](#)

Contact Jackie Holgate on Jackie.holgate@southampton.gov.uk to request a consultation.



Guidance for parents and carers requesting a telephone or video consultation with a psychologist

Contact Jackie Holgate (Jackie.holgate@southampton.gov.uk) to request a consultation with a psychologist. Please do not provide personal information in the email. You will be emailed a short form to complete and send back and offered either a telephone call or video consultation using Microsoft Teams or Zoom.

Your child needs to live in Southampton and either be attending an early years setting, school or college, or be electively home educated. They will have social communication difficulties and/or a diagnosis of autism.

The consultation will last a maximum of 40 minutes. No records will be kept of the discussion and it will remain confidential unless there are safeguarding concerns.

The consultation is a standalone service and the psychologist will not be able to look at other information or reports or carry out any other work in addition to the consultation. It will not lead to any further psychologist involvement and no reports will be written.

The consultation will usually consist of the psychologist asking you about your concerns and aims, gathering more information about the situation and clarifying thinking around the issues raised, before closing with a summary of the discussion including any possible ideas and suggestions.

After the consultation you will be invited to provide anonymous feedback about the discussion by completing a short form online.

