

# THERAPY AT 1825— THIS IS HOW IT WORKS



An informative booklet for young adults who are interested in attending therapy with us.





# ARE YOU STRUGGLING?

Are you often sad, worried, or anxious? At 1825, you can talk to a therapist that can help you find new ways to take care of yourself and to see yourself, your life, and your relationships.

Our clinic is open for anyone between 18 and 25 years old. You pay a small fee (150 SEK per session) and need no referral. If you lack the ability to pay, then you can be exempted from the fee.

We prioritize young people who lack their own resources and don't have guardians who can pay for private therapy.

# 1825

Terapicenter för unga vuxna

# WHAT WE OFFER

We offer psychotherapy and conversational support, both individual and in groups. You can meet your therapist at our clinic at Kungsholmen or digitally.

We learn what you want to get help with and start from there, and the conversations are a collaboration where your needs are in focus. You and your therapist together establish treatment goals and make a plan for how you can work together.



Our clinic at Flemingsgatan 113, Stockholm.

# HOW IT WORKS TO SEEK HELP FROM US



## 1.Call us

You call 08-121 539 83. Our phone hours are Monday to Thursday, 9-16. If we can't answer you immediately, then we will call you back within 48 hours.



## 2.Interview

During the phone call, we will ask you questions about your situation.



## 3.Waitlist

If we find that we can help you, then we will ask you if you want to join our waitlist.



## 4.Invitation

We will try to find a therapist that matches your needs exactly and will send out an email when it is your turn. Your therapist will contact you via phone to book a first session.



## 5.Initial meetings

During the first three sessions, your therapist and you will get to know each other to see if you work well together. You will also explore what you want to achieve with the therapy.



## 6.Meetings

If it works well with your therapist after the three initial sessions, then you will continue to see your therapist one time a week. If it doesn't work with your therapist, then you will have a conversation to talk about why. If you then choose to change therapists, then you will go back on the waitlist.



# WHO ARE OUR THERAPISTS?

---

1825's therapists have basic therapeutic education or are certified psychotherapists/psychologists. All of them work under supervision. A few of our therapists are currently studying. This can mean that their supervisors could have a conversation with you or that the therapy sessions could be filmed.

Our therapists have knowledge and experience of several different methods.

Themes that all of them have in common include:

- We are formed by our relationships and experiences. If we have had relationships and experiences that have made us feel bad, then change can be made through new relationships and new experiences.
- Feelings are important as they tell us what we want and need. That goes for difficult emotions, too. That's why it is helpful to become more observant of what we feel, understand what it means, and how we can express what it is we want and/or need.
- Sometimes we fall into old habits and react based on conditions that no longer apply. In those situations, we need to try new ways.

## FEE

---

We do not want the private economy to be able to control whether it is possible to receive help for mental illness or not. That's why we have a low fee: 150 SEK per session. You pay with Swish before each session. If you go to high school/gymnasium, then it costs nothing. In some cases, it is possible to be exempt from the fee.

## CANCELLATION POLICY

---

You must leave notice at least 24 hours before your booked session. If you give notice later than that, then you have to pay for your time. You can give the notice directly to your therapist.

## CONFIDENTIALITY

---

Everyone who works at 1825 is sworn to confidentiality.

If you are absent or give notice late three times in a row or five times in total during one term, then your therapy may be discontinued.



# FAQ

## Can I attend therapy in a language other than Swedish?

We offer therapy in English and aim to offer therapy in more languages in the future.

## I don't live in Stockholm. Can I still attend therapy at 1825?

Yes, as long as you want digital therapy.

## What happens if I don't like my therapist?

If it doesn't work with your therapist, then you can message your therapist directly or to the clinic's number. You will then have a conversation with your therapist to talk about it. If you still want to change therapists after this, then we will match you with a new therapist as soon as one is available.

## Which methods do you use?

We have an integrative approach, which means that our therapists come from several different schools (for example, psychodynamic psychotherapy and cognitive-behavioral therapy). The most important part for us is the relationship between you and your therapist.

## How long do I have to wait before I can start the therapy?

That can depend on how many people are on the waitlist. In general, you need to wait anywhere from two weeks to six months. It can go faster if you wish to talk in a group.

## How long does the therapy last?

Most patients attend therapy with us between 6-14 months. However, it can differ from person to person. Our approach is that you end the therapy when the therapy's goals are fulfilled.

## How do you follow up on how the therapy goes?

We will follow up every therapy, both during the conversations and with help of questionnaires. For you, that means that you occasionally will get to answer questions on how you feel and how you feel about the help you are receiving. This helps us to develop our work and is also a way to ensure that you are getting help that works. The follow-up is also important for us to influence society to better meet young adults' support needs.

## Where can I leave any complaints and/opinions?

It is important for us to know what you think about the help you are receiving. Say what you feel to your therapist so that they can address your comments in the best possible way. If you want, you can also leave opinions and/or complaints in the letterbox in the waiting room, or send an email to 1825:s acting director of operations, Henrik Westin ([henrik.westin@1825.nu](mailto:henrik.westin@1825.nu)).



## I FEEL VERY BAD! WHAT SHOULD I DO?

If you are in immediate need of emergency care, suffer from suicidal ideation/planning, call 112 or seek the nearest psychiatric emergency center.

If you live in the Stockholm area, then you can call the online emergency services via the number 08-123 484 0 every day between 08.00-22.00. Other times, you are welcome to the psychiatric emergency care center Vårdvägen 5, which is open 24/7. Phone: 08-123 490 00.

MIND suicide hotline: Phone 90 101 Chat [www.mind.se](http://www.mind.se)  
Youth Reception: [www.umo.se](http://www.umo.se)  
Self-harm chat: [www.shedo.se](http://www.shedo.se)