

GROUP THERAPY CONT.

The Fluency Trust

Residential courses in Devon for ages 10-17. Courses combine speech therapy with outdoor activities. Visit thefluencytrust.org.uk

The Michael Palin Centre for Stammering

London based weekly group therapy for ages 8-12 and two-week courses for ages 15-18 during school holidays. Visit michaelpalincentreforstammering.org

The Starfish Project

These courses for ages 11-16 teach controlled speech fluency techniques and work on increasing confidence. Visit starfishproject.co.uk

Talking Out

Five-day residential courses in Yorkshire/North West for ages 12-16, combining speech therapy with outdoor activities. Visit talkingout.co.uk

WHAT TO LOOK FOR WHEN GETTING HELP

Above are the main stammering therapies and courses for teenagers in the UK. You might come across others online that aren't on our list. To make sure you're getting good support from qualified, experienced providers we recommend choosing a therapy, programme or course which:

- Offers realistic expectations of change and NOT an offer of a cure or a way of 'stopping' stammering.
- Provides clear and straightforward information about what it does, how much it costs, how long it lasts and how much commitment you need to put in.
- Is neutral and unbiased, and does not describe stammering as bad or something you need to 'get rid of'.
- Recognises the need to accept stammering at some level, in order to help speech and/or change in attitude towards stammering.
- Is nationally recognised as empowering people to live well with stammering.

If you are unsure of anything, get in touch.

LINKS

Protect yourself, don't give out personal information online.

The British Stammering Association Support Group on Facebook is our private group open to anyone aged 13+.

You'll find stories from others like you who stammer about school, uni, work and more on our 'Your Voice' section at stamma.org.

youngminds.org.uk - a useful resource if you are feeling a bit overwhelmed.

Visit these U.S. based websites for young people who stammer: friendswhostutter.org and say.org

TALK TO US. Contact us on our helpline & webchat service, see below. Talk to us about a speech issue; about getting help; practice talking with someone who knows what it's like.

HERE TO HELP

Weekdays 10am-noon; 6pm-8pm

Free. Confidential. Anonymous

WEBCHAT
stamma.org/help

HELPLINE
0808 802 0002

Get help, information and support. Meet others and keep up to date with our campaigns - join us or subscribe. It's free. stamma.org/join

STAMMA,
The British Stammering Association
15 Old Ford Rd, London E2 9PJ
Office tel: 0208 983 1003

STAMMA.ORG

Reg. charity nos: 1089967/SC038866



Stammering, or stuttering, affects around 2% of the adult population. It isn't caused by nerves, it's a neurological difference which often runs in families.

As a teenager who stammers, you aren't alone.

STAMMA



Stammering is the way some of us talk. It's not good or bad. It's just different.

You might feel very confident with your voice. Perhaps you feel more comfortable talking on some days or in some situations than others.

Or maybe there are days when you feel like you just want to lay low. It can be quite a roller coaster, but if you do find it tough, there is support available to help you communicate confidently.

Stammering is common. We believe there are up to 1.5 million adults in the UK who stammer. You're in good company.

You'll find people who stammer working in a wide range of careers from teaching to hairdressing, delivery driving to journalism, politics to farming, engineering to TV presenting and more.

DON'T HOLD BACK

This time in your life is full of new experiences in and out of school. There are new people to meet and fresh challenges and adventures to navigate. With a stammer, this might feel difficult some days. Sometimes your stammer might feel hard to control, frustrating and unpredictable.

Minding less about stammering, and focusing more on you as a person, can really help.

You are not your stammer. Your stammer does not define who you are. If you can accept your stammer, so will others. Sometimes it can be helpful to let people know you stammer and to give you a little extra time. This shows confidence in who you are.

It can be tempting to swap words or to speak less to avoid stammering. Saying what you want to say, whether you stammer or not, is keeping you in charge of who you are, not the stammering.

It's normal for stammering to change day to day. Be kind to yourself on those tougher days. Reframe your thinking - instead of saying 'bad or good speech days', say 'I'm stammering more' or 'I'm stammering less'.

Celebrate yourself for saying what you want to say whether you stammer or not. It's what you say that matters.

At school, encourage your teachers to support you. Tell them what helps with your stammer in class and show them our website stamma.org. There might be one teacher you can discuss your concerns with. They can work with you to share what helps with others.

Watch the vlogs on our website and read stories from our members. Look at the 'Stambassador' videos created by Action for Stammering Children. These feature young people talking about their lives and careers. Visit actionforstammeringchildren.org.

GETTING HELP ONE-TO-ONE THERAPY

If you would like some support, consider contacting a Speech and Language Therapist. The therapist will discuss with you what your concerns are and what you want to get out of therapy. Together, you can agree a therapy plan tailored to your goals. Therapy can support you in managing your stammer, increasing your confidence in communicating and working out ways to make talking feel easier.

There's lots of good NHS therapy out there. If you're 16 or under, your parent or guardian can contact your local Speech Therapy department and request an appointment with a therapist who specialises in stammering. If you're over 16, the therapy department may accept the request directly from you.

Depending on where you live there may be a waiting list. Search online for 'NHS speech therapy in ...' (add your nearest town). Contact us on our helpline or webchat service if you need help with this, details overleaf.

If you can afford it, private therapy is an option. Lots of independent therapists offer therapy online. Go to asltip.com to find a private therapist. Ask them if they have experience working with teenagers who stammer before booking an appointment.

GROUP THERAPY

Meeting other people who stammer - the realisation that you are not alone - can be life changing. An opportunity to learn more, and make new friends. Below and overleaf, is a list of group courses available for teenagers who stammer:

City University, London

Five-day intensive courses for ages 8-18 during school holidays in London. Visit stammeringintensive@city.ac.uk