November 2026



Synapse

Behavioural Health Coaching

Guide for Psychiatrists

Functional Support for Stable Young People with Ongoing Daily Difficulty

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Supporting Everyday Functioning

Clinical stability does not always mean functional recovery. Young people may continue to struggle with routines, education, work and relationships despite established treatment. Synapse provides clinically supervised Behavioural Health Coaching for young people aged 11 to 25.

It combines emotional support with practical guidance to build coping skills, confidence and independence.

When to Consider Synapse

For clinically stable young people who need support with:

- Organisation, initiation, routines and follow-through.
- Emotional regulation and everyday responsibilities.
- Persistent functional difficulties despite medication or other clinical input.
- Everyday functioning where therapy engagement is limited or therapy is not currently indicated.
- Consolidating progress during step-down, after discharge or following addiction treatment.

Typical presentations include anxiety, low mood, ADHD and autism, and early alcohol, drug or gambling use. Self-harm at moderate risk, eating difficulties and OCD need a clinician involved alongside coaching.

Suitability is assessed individually. Support is needs-led; no diagnosis is required.

Where Synapse Fits

These situations typically fall into one of two referral scenarios:

Adjunct to Psychiatric Care

Practical support between appointments to build routines, strengthen follow-through and apply clinical recommendations. Psychiatric care retains clinical primacy; coaching does not replace treatment.

Standalone or Post-Discharge Support

Time-limited support where specialist input is not currently required, including consolidation after discharge and aftercare following addiction treatment.

Coaching Goals

- More consistent routines and engagement in everyday life.
- Better follow-through with education, work, self-care and commitments.
- Greater confidence and independence in managing responsibilities.
- Consolidation of progress during step-down.

Scope and Boundaries

Synapse is not suitable for crisis presentations, active psychosis or complex psychiatric needs requiring active management. Young people who are physically dependent on alcohol or drugs are referred to specialist services first.

Synapse does not provide diagnostic assessment or formulation, medication management or prescribing, psychotherapy or trauma processing, or compulsory or inpatient-level support.

How Coaching Works

Following referral or family enquiry, clinical assessment establishes suitability. The young person is matched with a relatable Coach and decides whether to proceed after meeting them.

Synapse practises relational delivery: the relationship with the Coach is part of the intervention, not simply the means of delivering it, and the young person keeps the same Coach throughout.

Programmes typically comprise 10 to 12 sessions, online or in person, with a mid-point review and final clinical evaluation.

Progress is measured against agreed functional goals (Goal Attainment Scaling) and wellbeing (WEMWBS) at baseline and close.

Synapse coordinates care and communication with families and referring professionals throughout.

Clinical Governance

- Coaches trained on the Synapse Foundation in Behavioural Health Coaching for Adolescents and Young Adults, certified by The CPD Certification Service.
- Clinical supervision is provided by Dr Harriet Mellotte, Chartered Clinical Psychologist, with Professor Sandeep Ranote FRCPsych as Senior Clinical Advisor.
- Clinical assessment before onboarding, signed off by a Clinical Psychologist.
- Weekly case review.
- DBS checked Coaches.
- Defined safeguarding and escalation pathways with onward referral where risk increases.

Fees

Privately funded programmes comprise 10 to 12 sessions: £1,300 to £1,490 online or £2,250 to £2,630 in person. Fees include assessment, care management, clinical supervision, reviews and final evaluation. Sessions last 50 minutes online or 90 minutes in person.

Referral

Use our referral form, signpost the family directly, or contact Synapse on their behalf with appropriate consent.

We coordinate onboarding and liaison with families and referring professionals.

For family enquiries, please contact:
Mollie Royds, Head of Client Experience and Care Management
mollie@synapsehealth.co.uk | 0204 592 1268

For clinical suitability queries, please contact:
Thomas Watt-Pringle, Assistant Clinical Psychologist and Clinical Lead
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