

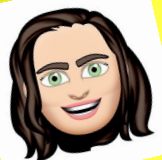
The Team



Jenny Stuart
Team Manager



Joan Goodier
Therapist



Anne Sheerin
Therapist



Tony Scott
Therapist

How you get to see us

There will be lots of grown-ups around you. They will all have different 'jobs'. Despite this the most important thing for them is you. Their aim will be to keep you safe, healthy and happy. You can ask any of these adults to either speak to your Social Worker or you can ask your Social worker directly to make a 'referral' to us. Once we have this will try and see you as soon as possible.

You can contact us at:
The Therapeutic Support Team
The Caretakers House
Sandringham Road
Ainsdale
PR8 2PJ

Tel: 0151 934 3854

email: therapeuticsupport.teamreferrals@sefton.gov.uk

Therapeutic Support Team

Information for young people

There's so many confusing things going around in my head and I don't under-

I get so angry and I can't control

I feel sad and I don't know why

I want to know more about my life

I just want to talk to somebody.

What do we do

Well its probably easier saying what we don't do first. We don't make everything perfect. Because there's always going to be situations in life that test us and sometimes make us feel low. We also can't turn back time and erase things that may have happened in the past. We would all love to have that skill but sadly we don't.



We do however make a lot of things better! I realise that this is a contradiction as I said previously that we couldn't make everything alright.

Just hear me out ... Sometimes the thoughts that go around our heads can make us feel scared, anxious and confused. This can make doing everyday things tricky.

We can help to make those thoughts quieter, less scary and not whizzing around your head so much.

By talking to someone about these things (this is called Therapy) we can support you in understanding some of the thoughts that you are experiencing.

There are lots of different ways of sorting these thoughts out. We can help make sense of these thoughts, so that you can chose how best you'd like to tackle them..

I didn't mention that you also get to chose the person that you talk too!

Starting to talk about personal and private things may feel a little weird at first. None of the therapists will make you talk about anything you don't want to and sometimes they'll even suggest that you have a break if you want.

You are kind of the "boss" when you have therapy. Even though we have all had many experiences this doesn't mean that

we will know how things feel for you. However if you tell us some bits we will be able to help.