



## Seedlings

Supporting our city's children to come to terms with difficult feelings, feel empowered and find new ways to express themselves.

**What is the service?** Seedlings is a therapeutic service based in 120 primary schools. Delivered in partnership by PSS and YPAS, the Seedlings team works with children to explore and process feelings that are troubling them and develop confidence in expressing themselves. This CAMHS service is funded by Liverpool CCG. Sometimes when children are growing up, changes at home or at school can be difficult to deal with. The Seedlings team support the emotional needs of children allowing them to develop, grow and to build their resilience. Difficult feelings can affect relationships with important people in our lives, when these feelings are expressed in therapy it becomes easier to understand and make sense of

**What do you do?** Our qualified therapists provide a range of support that is age appropriate and tailored to what each child needs. This includes both 1:1 sessions and group work that can use a range of techniques including:

- Talking therapies
- Arts therapies
- Support and advice for families
- Providing education and resources to help staff deal with difficult emotional issues

**What age group does your service work with?** Primary School Children

**Are you limited to working with people from a specific geographical area?** Currently only primary school-aged children in Liverpool can access the service.

**What are your opening times?** During school hours

**Can you be contacted out-of-hours?** No.

**Where do you see young people?** Children are seen within their own school setting.

**Do you take referrals directly from children/young people, parents/carers?** It could be a member of staff or a parent or carer who notices a change in a child's behaviour. A child may also ask for support. Anyone can refer to the Seedlings team.

**What kinds of things do you help with?** Children could be referred to Seedlings for a whole range of reasons, including a lack of confidence in their school work, peer relationships and difficulties at home. Sessions with a therapist can allow them some dedicated space and time to explore any issues that may arise.

**What do you offer?** Whatever a child is dealing with, Seedlings provides a safe environment where children can creatively share their personal story. If you have any concerns about a child's emotional wellbeing, it is always worth speaking to a member of the Seedlings team to see if we can help. Early intervention is key to assisting children achieve their full potential, enabling them to build a strong foundation which they can carry through life. The PSS Seedlings team have particular expertise in working with children from culturally diverse backgrounds, and they can help children for whom English is not their first language or children who are seeking asylum in the UK.

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