

Children and young people

Therapeutic Social Work



Who is the
therapeutic social
work team?

We're a friendly team with of experience of helping children and young people who might be struggling with their thoughts or feelings. We do this in lots of different ways – through talking, playing, drama, art or writing – whatever feels right – to best help you.



Leeds
CITY COUNCIL

MAR2017 TSWCYP

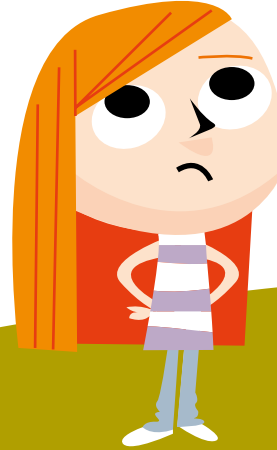
What sort of things could you help me with?



Maybe you've been feeling stressed or really fed up? You may be finding it hard to control big feelings – anger, sadness or even excitement. Perhaps it feels hard to sleep or to concentrate at school or college. Sometimes worries can feel overwhelming or you might be struggling to understand why you're in care. You might be hurting yourself or doing other risky things.

Whatever's going on for you, we'll start work on what feels most important to you.

How do you help me?



We can help in lots of different ways. We might work with you on your own or with your parent or carer. We can see people at home, at school or at our base and this is usually every week. We might work only with your parent or carer or school to help them to help you. Whatever we do, we will try to help in the best possible way for you.



How can I get your help?

Talk to your social worker or your personal advisor and they will ask us for you – your parent/carer could help you do this.



Do you have any questions?

If there is anything you don't understand please just ask us.
You can write your questions here so you don't forget them.

How to contact us

We are based at:

✉ 15 Lavender Walk,
Leeds, LS9 8TX

Telephone number:

☎ 0113 378 1800

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