



Young Person's Advisory Service

pss   
person shaped support



# Seedlings

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



# What is Seedlings?

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

"The sessions helped my child feel valued and important"

## What our team does:

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

## Why are children referred to this service?

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. 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.

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.

"Seedlings helped me be more confident"



# Get in touch:

Your school's seedling contact is:

The best way to contact them is:

## Seedlings

### PSS

18 Seel Street, L1 4BE

T: 0151 702 5580

E: [seedlings@pss.org.uk](mailto:seedlings@pss.org.uk)

[pss.org.uk](http://pss.org.uk)

### YPAS

36 Bolton Street, L3 5LX

T: 0151 707 1025

E: [support@ypas.org.uk](mailto:support@ypas.org.uk)

[ypas.org.uk](http://ypas.org.uk)

Liverpool CAMHS



**mental health**

is everyone's business



**NHS**

Liverpool

Clinical Commissioning Group