

See you soon!

Team TCPS

If you have any concerns or comments that you'd rather not talk to us about you can contact either of the organisations below.

<http://www.hpc-uk.org>

<http://www.ofsted.gov.uk>

Park House  
184 Kennington Park  
Road  
London  
SE11 4BU

Ofsted  
Piccadilly Gate  
Store Street  
Manchester  
M1 2WD

0845 300 6184

0300 123 1231

[enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

Office 4, Lancaster Park, Newborough Road,  
Needwood, Burton on Trent, DE13 9PD

T: 01283 840051

E: [enquiries@thechildpsychologyservice.co.uk](mailto:enquiries@thechildpsychologyservice.co.uk)

W: [www.thechildpsychologyservice.co.uk](http://www.thechildpsychologyservice.co.uk)



THE CHILD PSYCHOLOGY SERVICE

# Young Persons Guide

### *What is The Child Psychology Service (TCPS)?*

TCPS is a team of Psychologists & a Therapeutic Life Story Worker who help young people, and the people who look after them, with difficult feelings, thoughts and behaviour.

### *What will our sessions be like?*

We'll usually come and see you at your home. Before we meet, we may have had a chat with your parents/carers.

We'll work with you and your family to work out the best way to help.

We are interested in what you think of the idea of us coming to see you and what, if anything, **you** would like us to try and help with.

### *How often will I see you?*

We usually visit young people every week but it can be more or less, often depending on what we decide between us.

Sometimes we can work with your family and we hardly ever meet! This can sometimes be the best way of helping you.

When we see you, it will be for around an hour.

### *What should I do if there's something I'm unhappy about?*

Tell the person you trust the most about the problem. If you then both feel that you could talk to us about it that would be great. You could talk to us or write it down. We promise we'll take it seriously and try and work out a way to make it better. If you don't feel like you can talk to us about it, that's absolutely fine, you can contact one of the two organisations over the page.

### *How long will you be coming to see me for?*

It totally depends on how long it takes for us to help with the problem! We'll talk about this at the start though.

### *What will we do?*

Sometimes we will meet with your family, sometimes it will be just us.

### *What if I don't want to see you?!*

This sometimes happens. It can feel daunting and worrying to see someone and think about problems. It's really important that you tell your family and, if you can, us, about how you're feeling about us coming to see you.



Having said all that, most of the young people we see enjoy seeing us. They get to tell us about what is going on with them (the good and the bad).

If you have any questions before we visit, then you are welcome to call or email us or you can ask someone in your family to do it for you.