



# The Feelings Team



## Contact details

### Psychotherapy Services

#### The Feelings Team

The Therapy Space  
The Veranda  
Mount Gould Hospital  
Plymouth  
PL4 7QD

Tel: 01752 435250

Email: [laura.blatherwick@nhs.net](mailto:laura.blatherwick@nhs.net)



Livewell Southwest



@livewellsw

*Supporting people to be Safe, Well and at Home*

**Livewell**  
Southwest

## About

This leaflet will help you understand what happens after a referral form has been sent to The Feelings Team ...

## The referral is posted



## We have a meeting



## The team thinks about the referral



We decide how best to help you with your feelings

You will meet one of these four people ...



- An Art Therapist: who helps people with their feelings through making art
- A Music Therapist: who helps people with their feelings through making music together
- A Dramatherapist: who helps people with their feelings through theatre and drama
- A Counsellor: who helps people with their feelings by listening and talking together

To begin with, we will offer you six sessions. Sessions may be in a group of 1:1.