

Working Together to Benefit our Community

North Somerset Community Team for People with Learning Disabilities



Psychology

Our **Psychology Team** are specially trained to help you with:



1. How you think



2. How you feel



3. How you act



We work with people to find out what the problem is:

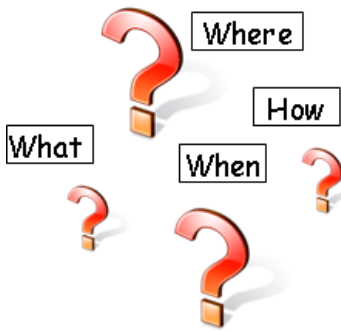
- We talk to you on your own.
- We talk with you and your families and carers together.
- We work with people with similar problems in groups.





Everybody is different but some problems are more common. For example:

- People feeling worried.
- People dealing with big life changes.
- Difficult relationships.
- Difficult / Upsetting experiences.



We work out:

- **What** the problem is.
- **When** the problems happen.
- **Where** the problems happen.
- **How** often the problems happen.



- We try and work out with you what can make things better.



- We offer teaching and training to other people who can help.

For more information - contact us:

	Address	<p>Community Team for People with Learning Disabilities Castlewood (Post Point 10) Tickenham Road Clevedon BS21 6FW</p> <p>Office Opening Times: Monday - Thursday 8:45 am - 5 pm Friday 8:45 am - 4:30 pm</p>
	Telephone	<p>During Opening Times: 01934 427600</p> <p>If you need to contact someone in an emergency and it is outside normal opening times please contact your local GP or Accident and Emergency Department.</p>
	Website	<p>www.ld4u.org.uk</p>