



Supporting Young Peoples Emotional Wellbeing

## Young Peoples Service

79a Eastfield Road  
Peterborough  
Cambridgeshire  
PE1 4AS

Telephone: (01733) 567998

Fax: (01733) 555531

Email: [servicenquiries@drinksense.org](mailto:servicenquiries@drinksense.org)

Dear Colleague

### Re: 3Ts Emotional Wellbeing Service – Young People and Parents

The work of 3Ts and now 3Ts Plus (parenting/family support) has developed further and from January 2017 we are pleased to advise of changes which will further enable young people and parents to access our services.

We have to date been welcomed in many schools and residential settings and more recently use of our young people centre (Hub House) has ensured that no young person need wait to be seen.

The timetable for Assessments and Open Access (no appointment needed) at Hub House – our Eastfield Road site is below:

#### **Open Access Information and Advice Sessions**

Tuesdays and Thursdays - 2pm to 4pm

#### **Formal Assessments**

Mondays and Wednesdays – by appointment only

**Support for parents** has further developed and an on-site Open Access session is held on:

**Wednesdays – 10am to 12pm** (no appointment needed)

Support for the whole family and all relationships within the family remains a focus of this project along with other in-house projects.

Details of these developments within the 3Ts and 3Ts Plus work including referral forms and leaflets are available on our website [www.drinksense.org](http://www.drinksense.org) or for further information contact:

- By email: [servicenquiries@drinksense.org](mailto:servicenquiries@drinksense.org)
- By telephone: 01733 567998 or 01733 555532

We look forward to working with you through 2017.

Marcia, Sam F and Sam C  
3Ts Project Team

## How to Refer

CALL: Marcia or Sam on  
01733 567998  
or 01733 555532

POST: 79a Eastfield Road  
Peterborough  
PE1 4AS

FAX: 01733 555531

EMAIL: [servicenquiries@drinksense.org](mailto:servicenquiries@drinksense.org)

## Young People Centre Opening Times

You can attend **Information and Advice Sessions** at Hub House (79 Eastfield Road) on:  
**Tuesdays and Thursdays**  
**2pm to 4pm**  
no appointment necessary

**Formal Assessments** take place at Hub House on:  
**Monday and Wednesday**  
by appointment only

## How to contact us:

3Ts  
DrinkSense  
79a Eastfield Road  
Peterborough  
PE1 4AS

Tel: 01733 567998  
Fax: 01733 555531

Email: [servicenquiries@drinksense.org](mailto:servicenquiries@drinksense.org)

3Ts is a DrinkSense managed project



Does  
everything  
feel like it's  
too much to  
handle?

3Ts is an emotional wellbeing project for young people aged between 11 and 17 years old living in Peterborough

Free confidential service

# T RUST

# T ALK

# T AKE ACTION

Do you need someone to talk to where you feel safe and free to say whatever is on your mind?

Do you feel like things in your life are getting out of control?

Are you feeling like there is no-one around you who is listening to your problems?

Do you feel like you are the only one who is having these problems?

You are not alone. We all go through issues that affect us in different ways. Some people feel upset all the time, alone, depressed and sometimes will find unhealthy ways to deal with it.

## What is the 3Ts Service?

3Ts is a talking therapies project for young people aged 11 to 17 years to help them deal with issues that may be affecting their mood and wellbeing.

3Ts provides a space to talk through problems you may be having like:

- Not liking your body
- Low confidence
- Exam and school stress
- Friendship issues
- Family issues
- Bereavement and loss
- Self-harm
- Feeling anxious or worried

## How will 3Ts Help Me?

3Ts will help you to talk through the problems you are facing. For some young people just talking about the issues will be enough, for others this will be the start of working through the problems so that when you have finished with the worker you feel better and more able to deal with things in your life.

We:

- Offer sessions that are confidential where you see the worker on your own
- Can meet you where you feel comfortable
- Give you someone who will listen to you and not judge you
- Help you get more support if you need it
- Help you to think things through

## How to Refer

CALL: Sam Carrier on 01733 567998  
or 01733 555532

POST: 79a Eastfield Road  
Peterborough  
PE1 4AS

FAX: 01733 555531

EMAIL: [servicenquiries@drinksense.org](mailto:servicenquiries@drinksense.org)

We accept self referrals, please  
contact the above numbers.

## Information and Advice Sessions

You can also attend Open Access  
Sessions at Hub House (79 Eastfield  
Road) on:

**Wednesday 10am to 12pm**  
no appointment necessary

3Ts Plus is a project to support parents  
with emotional wellbeing issues.

## How to contact us:

3Ts and 3Ts Parenting Plus  
DrinkSense  
79a Eastfield Road  
Peterborough  
PE1 4AS

Tel: 01733 567998

Fax: 01733 555531

Email: [servicenquiries@drinksense.org](mailto:servicenquiries@drinksense.org)

3Ts and 3Ts Plus are DrinkSense  
managed projects



**DrinkSense**  
making a difference



# 3Ts Plus

Parenting, Listening,  
Understanding,  
Support

Support for parents with  
young people  
experiencing mental  
health and emotional  
wellbeing issues

**Free confidential service across  
Peterborough**

# **P**arenting **L**istening **U**nderstanding **S**upport

Do you need someone to talk to where you feel safe and free to say whatever is on your mind?

Do you feel that you are in the wrong when talking to your child?

Are you feeling anxious and stressed about dealing with your child's issues?

Do you feel you have no-one to turn to for support?

You are not alone. Many parents go through issues that affect them while their children are growing up.

## What is the 3Ts Service?

3Ts is a talking therapies project for young people aged 11 to 17 years to help address issues related to their emotional wellbeing.

## What is 3Ts Plus?

We recognise that parents can sometimes need support either alone with their child or in their own right and so 3Ts Plus has been developed with both the young person and the parents in mind.

## How will 3Ts Plus Help Me?

3Ts Plus Offers:

- One-to-One support
- Telephone support with a dedicated worker
- Open Access on Wednesdays 10am-12pm (no appointment necessary)
- Group work with themed topics exploring issues related to emotional wellbeing such as:
  - Parenting approaches and strategies
  - Self-harm
  - Drugs and alcohol
  - Social media
- Peer contact group
- Whole family support (if required)

The support you receive will enhance the support your child is receiving separately through the 3Ts Project.