

Children's Welcome Pack



Your Guide to The Edinburgh Practice

Mental Health & Neurodiversity Centre of Excellence

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**Welcome from our
Clinical Director!**

Dr Fiona



Fiona likes rollercoasters, giraffes and yoga!

**Hello! I'm Dr Fiona and my job is
to make sure you get the best
help possible. I hope my lovely
team will make you feel very
welcome here.**



The
Edinburgh
Practice

Our Practice

Walk through our
front doors...



To our front desk so
we can say hello!



Find a comfy
spot to sit...



Or head to our
children's corner!



We have:

- Toys
- Books
- Colouring books and pencils

We also have hot chocolate,
tea, water and diluting juice if
you are thirsty!

What's your
favourite
drink?



Who will you meet
at the desk?

Paula



Paula likes TV shows and movies!

Sharon



Sharon likes music and buying books!

Lyndsay



Lyndsay likes reading and walking.

Megan



Megan likes mountain biking and baking banana bread!

Emma



Emma likes shopping and has a dog called Missy!

Our Coordinator for Children and Young People

Rachael



Rachael likes Taylor Swift and going to the cinema.

Hello! I'm Rachael and my job is to talk to your parents and your clinician to organise your appointments and make sure everything runs smoothly. Please let me know if you need any help!



What to expect at your appointment

The room



All of our rooms have:

- A comfy couch
- A clock
- A table or desk

The toys



Some rooms will have:

- Fidget toys
- Cars or trucks
- Action figures
- Colouring

You can also take toys in with you from our children's corner!

You will attend most appointments with your parent/carers.

However, at any point you can ask to speak to your clinician alone.

Click on the your
appointment type for
more information!

Clinical Psychology



Psychiatry



Autism Assessment



ADHD Assessment



Combined Assessment





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Click on the your
appointment type for
more information!

Educational Assessments



Speech and Language



Occupational Therapy



Play Therapy





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Click on the your
appointment type for
more information!

Dietetics



Sport & Performance Psychology



Family Therapy



Neurodiversity Support





CLINICAL PSYCHOLOGY

What will be asked?

- How are you feeling?
- How is school?
- What do you like doing outside of school?
- Tell me about your family and friends!



Why?

To get to know you, your clinician wants to find out about your strengths and anything you find difficult.

This helps them make a plan that is right for you!



[Click here to see who your clinician will be!](#)

For how long?

1 hour





GENERAL PSYCHIATRY

What will be asked?

- How are you feeling?
- Are you healthy?
- How is school?
- What do you like doing outside of school?
- Tell me about your family and friends!



Why?

To get to know you, your clinician wants to find out about your strengths and anything you find difficult.

This helps them make a plan that is right for you!



[Click here to see who your clinician will be!](#)

For how long?

1 hour



Medication

- Your clinician will discuss your treatment going forward and this may include medication. This is a choice that you and your parents will discuss with your clinician.
- If you start medication, we will take your height and weight in the observation room.



THE AUTISM PATHWAY

Step 1

- Meet your clinician with your parents/carers.
- They will ask questions to get to know you better and find out your strengths!
- You can tell them about your favorite toys, places or about your family or friends.

Step 2

- Your parents/carers will meet with your clinician without you.
- Your clinician will ask what you were like when you were a baby such as your first words, first steps and first time at school!

Step 3

- This will be an appointment just for you!
- It is called the ADOS and will include talking with your clinician and doing activities.
- Some activities include playing with toys, looking at a book or doing a puzzle.
- It is not a test and there are no 'right or wrong' answers.

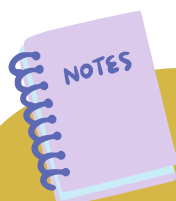
Step 4

- This appointment is where your clinician will discuss all the information from you, your parents and school.
- They will speak about your strengths and challenges and how they can help.
- Your clinician will share the results of the assessment and answer any of your questions.

[Click here to see who your clinician will be!](#)



THE ADHD PATHWAY



Step 2

- Your parents/carers will meet with your clinician without you.
- Your clinician will ask what you were like when you were a baby such as your first words, first steps and first time at school!



[Click here to see who your clinician will be!](#)

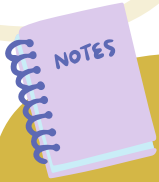
Step 3

- This appointment is where your clinician will discuss all the information from you, your parents and school.
- They will speak about your strengths and challenges and how they can help.
- Your clinician will share the results of the assessment and answer any of your questions.





THE COMBINED PATHWAY: ADHD & AUTISM



Step 1

- Meet your clinician with your parents/carers
- They will ask questions to get to know you better and find out your strengths!
- You can tell them whatever you like such as your favorite toys, places or about your family or friends.



- Your parents/carers will have a meeting with your clinician without you.
- Your clinician will ask what you were like when you were a baby such as your first words, first steps and first time at school!



Step 3

- This will be an appointment just for you!
- It is called the ADOS and will include talking with your clinician and doing activities.
- Some activities include playing with toys, looking at a book or doing a puzzle.
- It is not a test and there are no 'right or wrong' answers



Step 4

- This appointment is where your clinician will discuss all the information from you, your parents and school.
- They will speak about your strengths and challenges and how they can help.
- Your clinician will share the results of the assessment and answer any of your questions.



[Click here to see who your clinician will be!](#)



EDUCATIONAL ASSESSMENTS

What to expect:

- You and your parents/carers will meet your clinician.

They will ask questions about:

- You and your strengths
- What you like and dislike at school.
- Your learning and reading, spelling, writing and/or maths.

Your parents/carers will then go to the waiting room and you will do activities including working with blocks, solving puzzles and answering questions.



Why?

These questions are asked to get to know you! Your clinician wants to find out about your strengths and also what you may find difficult.

This helps them make a plan that is right for you!



For how long?

1-2 hours



[Click here to see who your clinician will be!](#)



SPEECH AND LANGUAGE THERAPY

What to expect:

- You may be asked to look at some pictures and use words or sentences to describe what you can see. This is so we can listen to you talking.
- You may also be asked to do some fun activities.



Why?

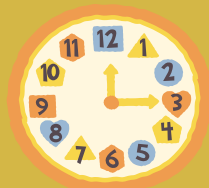
To see what areas of your speech and language are strengths and anything we can help with.



[Click here to see who your clinician will be!](#)

For how long?

45 minutes





OCCUPATIONAL THERAPY

What will be asked?

- How are you feeling?
- How you get ready for the day?
- How is school?
- Your likes and dislikes
- Tell me about your family and friends!

You may be asked to do some activities too!



Why?

To get to know you! Your clinician wants to find out about your strengths and anything you find difficult.

This helps them make a plan that is right for you!



For how long?

1 hour





PLAY THERAPY

What to expect:

- Your play therapist will meet the grown-ups who know you best!
- They will talk about how play therapy could be helpful for you.
- You will meet your play therapist and decide if you want to give it a try.



What will I play with?

- The play therapy room will have lots of toys, like toy people, animals, puppets, cars, sand, water and art materials.



- You will be able to choose what you want to do, how you want to play and if you want your play therapist to join in or not



For how long?

50 minutes



[Click here to see who your clinician will be!](#)



DIETETICS

What will be asked?

- What types of food do you like to eat?
- What you eat each day?
- Do you have any worries about food?



You may have your weight and height measured to check you are growing properly.



Why?

- Your clinician wants to get to know you and to find out about what you eat.
- Your clinician will give you advice and strategies to try.



These can help improve your diet or manage any worries you might have about food.



For how long?

1 hour



[Click here to see who your clinician will be!](#)



SPORT & PERFORMANCE PSYCHOLOGY

What will be asked?

- How are you feeling?
- Tell me about your sport?
- How is school?
- Tell me about your family and friends!



Why?

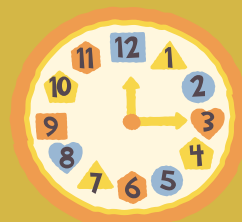
To get to know you! Your clinician wants to find out about your strengths and also anything you find difficult.

This helps them make a plan that is right for you!



For how long?

1 hour



[Click here to see who your clinician will be!](#)



FAMILY THERAPY

What to expect:

- You and your family will meet your clinicians.

They will ask:

- What the children and grown ups are good at?
- How do people get along in your family?
- Where you and your family might have got stuck or what you would like to be different? (and everyone's ideas about how to get un-stuck!)

You can choose to have some time on your own with your clinicians. Your parents may also choose to do this too.



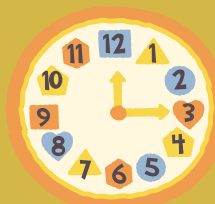
Why?

Grown ups and children sometimes see their family in different ways. This can sometimes cause upset and worries. Your clinicians will help you all talk and listen to each other which can help reduce any worries and disagreements.



For how long?

1.5 hours



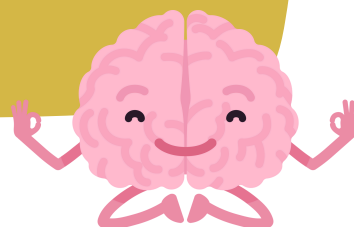
[Click here to see who your clinician will be!](#)



NEURODIVERSITY SUPPORT

What is neurodiversity support?

“Neurodiversity support” means help to celebrate how your brain works, so you feel happy and understood!



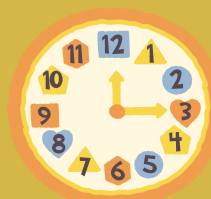
Who can I see for support?

- Educational Psychologist
- Clinical Psychologist
- Speech and Language Therapist
- Dietician
- Family Therapist



For how long?

1 hour



Our Clinicians

**We have over 40 clinicians
as part of our lovely team
here at TEP!**

**We have included photos of
the clinicians who work
with children so you know
who you are going to see
(and a fun fact about
them!).**

Who will be your clinician?
CHILD PSYCHIATRISTS/SPECIALTY
DOCTORS

Dr Catherine



Catherine likes walking in the hills and being with her cats!

Dr Johnny



Johnny likes playing the drums and riding motorbikes.

Dr Alex



Alex likes surfing, board games and saxophones!

Dr Anne



Anne likes singing, dancing and gardening!

Who will be your clinician?

CLINICAL PSYCHOLOGISTS

Dr Lisa



Lisa likes sloths, books, movies and Star Wars!

Dr Linsay



Lindsay likes football, coffee and cats!

Dr Linda



Linda likes ice skating, forest walks and coffee!

Dr Suzie



Susie likes pets, games and travelling!

Dr Laura



Laura likes animals and wants to learn Italian!

Who will be your clinician?

THE AUTISM ASSESSMENT TEAM

Dr Madeline



Madeline likes whales and Taylor Swift.

Dr Sara



Sara likes shopping for shoes and watching Bluey!

Michelle



Michelle likes reading, puzzles and bike rides.

Who will be your clinician?

EDUCATIONAL PSYCHOLOGISTS

Julie



Julie likes glass fusion, otters and has a dog called Alfie!

Tierna



Tierna likes spending time with her family and walking her dog!

Who will be your clinician?

SPEECH AND LANGUAGE THERAPISTS

Georgia



Georgia likes coffee, the gym and reading!

Michelle



Michelle likes reading, puzzles and bike rides.

Who will be your clinician?

PLAY THERAPIST

Ellen



Ellen likes swimming, cosy cafes and writing plays!

Who will be your clinician?

FAMILY THERAPISTS

Magi



Magi likes dancing in the kitchen and swimming in the sea!

Lisa



Lisa likes climbing things and finding out children's superpowers.

Who will be your clinician?

DIETICIAN

Karen



Karen likes sunshine, dogs and swimming!

Who will be your clinician?

SPORTS PSYCHOLOGIST

Zoe



Zoe likes spending time outside and baking.

Helpful Apps



Calm



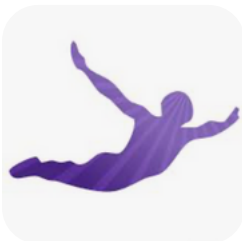
Chill Panda



Hospichill



Headspace



Dare



ThinkNinja



The
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Helplines and Support

For urgent help - please contact 'NHS24' on 111

In an emergency - call 999

Helplines

Breathing Space

Phone: 0800 83 85 87
breathingspace.scot



CALM

Phone: 0800 58 58 58
thecalmzone.net

Childline

Phone: 0800 1111 (24hr support)
childlike.org.uk

childline



PAPYRUS

Phone: 0800 068 41 41
Text: 88247

Samaritans

Phone: 116 123 (24hr support)

SAMARITANS



SHOUT text support

Text "FIFE" to 85258 (24hr support)

SOS Silence of Suicide

Phone: 0808 115 1505



The Mix

themix.org.uk



The
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Practice

We would love to
hear what you
think of our
Welcome Pack!



Scan the QR code
with a phone
below to fill out
our survey

