

Teapot Trust Art Therapy



Teapot Trust are a Scottish charity who work alongside children and young people to improve their mental well-being. They offer art therapy to help build resilience and confidence, deal with anxiety or stress and develop positive coping strategies.

Art therapy can benefit children with chronic conditions, physical or learning disabilities or additional support needs.

In partnership with North Edinburgh Arts, Teapot Trust are offering creative art therapy sessions to children and young people aged 8 - 18.

If you are interestd in your child taking part please contact:
admin@northedinburgharts.co.uk
07493 876 130

The benefits of Teapot Trust art therapy

Self-expression

Provides a safe space to express challenging thoughts and feelings

Self-esteem

Helps build confidence and promotes positive body image

Independence

Promotes a sense of independence and feelings of control

Peer interaction

Offers opportunities to interact with peers in group sessions - shared experience

Stress management

Provides techniques to effectively manage stress and anxiety

Acceptance

Supports children to find some acceptance of their condition, so they can move forward positively

Healthy coping strategies

Supports the development of healthy coping strategies for the long-term



Teapot Trust is at the forefront of mental health support for children and young people living with chronic illness and life-long conditions

In partnership with
teapot TRUST
Bringing colour to young lives

This project is delivered in partnership with
north
edinburgh

arts

Supported through funding from KPE4

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Here is what children and their parents and carers have said about how art therapy has helped.

“It has given me the confidence to discuss my worries and not bottle things up.” (Child)

“By the end of the sessions, there was a huge improvement in his mental health and it helped him completely turn around the way he was feeling to enable him to cope so much better. He now seems to have a very positive outlook on life. I would go as far as saying that it has transformed his life and his future and helped equip him well with coping strategies for the future too.” (Parent)

So many services have long waiting lists or just aren't suitable for a child who struggles to articulate their feelings but the art therapist was so incredibly understanding and I feel the pace enabled my son to make real progress in a suitable and sustainable way. It was incredible.” (Parent)

My child has really enjoyed doing what she loves best and engaging with you and spending time with other children. She has really struggled with her emotions since diagnosis, but now has a way to express herself and think in a more positive way. (Parent)

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