

How we can support you

It is important for you as a parent or carer to be able to share your concerns and fears, too.

You can contact Victim Support directly for advice and support on how to help your child if they have been affected by domestic abuse. Our contact details are on the back of this leaflet.

We have materials developed by the team to help you support your child.

Victim Support can also help you if you have been affected by the crime, either directly or because of your child's experience.

From more information and a referral form please email:

CYPCumbria@victimsupport.org.uk



We are an **independent** charity offering **free, confidential** support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using our 24/7 live chat service: **victimsupport.org.uk/live-chat**
- using BSL: **victimsupport.org.uk/bsl**
- Online: **victimsupport.org.uk**

To find out how you can help us, visit **victimsupport.org.uk/get-involved**



Supporting children and young people impacted by domestic abuse

 @VictimSupport

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 victimsupport_uk

 [Linkedin.com/company/victim-support](https://www.linkedin.com/company/victim-support)

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LeadingLights



If you or your child has been affected by domestic abuse, it can be a very frightening and traumatic experience.

We're here to help you and your family in this difficult time. We support young people from 5-18 in a safe and secure setting, to help them cope with the impact of domestic abuse.

How domestic abuse may affect your child

Every child reacts differently. You may see your child's behaviour worsen, their sleeping or eating patterns may change, their anxiety levels may increase and you may notice a lack of motivation to engage in school and leisure activities.

Our children's and young person domestic abuse service can help.

The CYP DA team

VS is an independent charity and young people do not have to report the crime to the police to get support from us.

CYP DA is the VS programme that helps young people cope with the impact and effects of domestic abuse.

We can help with understanding of healthy relationships, confidence and self-esteem, safety and wellbeing, providing young people with effective coping strategies to help when faced with big feelings and difficult emotions.

How we can help

We provide one-to-one support for young people impacted by domestic abuse in a safe setting, usually a school.

The abuse might be at home between parents or carers or in their own relationships and we would support young people directly impacted and who have witnessed abuse.

We would make contact with the identified safe parent or carer and assess the needs of the young person, from there we would arrange sessions with the school and carry out support over eight weeks, and this can be longer if the need is there.

We have six practitioners across Cumbria providing support in schools and community venues.

The support assess key areas in a young person's life and any areas the young person feels they find hard will then form part of the support plan, for example, if someone tells us they find feeling safe difficult, we will focus on safety planning as part of the support.

Service feedback

'I feel like they are already starting to have a bit more control over their emotions.'

'First of all, I would just like to say a big thank you for all the sessions you've been having with Child A.'

'They have not only found them really helpful and positive but they have really enjoyed them as well.'

'We feel very lucky that Child A was provided with this service at a time when they really needed it and we are all very grateful.'

'Parent said that every session the children have been so excited coming out of school, saying they have seen me and that Child A this week has told mum that she is worried that dad was going to be picking her up, so mum is thrilled that they are opening up more about their worries.'

Our You & Co website

You can find more at our interactive youth website produced with children and young people for children and young people who have been victims of crime.

Diversity matters and we value it

We are committed to supporting the needs of the diverse communities we serve. We can provide interpreters and information in alternative formats. If you have additional needs please let us know so we can put the right support in place.