

# The Meadows

Child and Adolescent Sexual Trauma Service

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Information for young people

## **Information for young people**

In this leaflet we hope to answer some of the questions you may have about coming to this service. Many young people have found it helps to talk about what has happened to them and how they feel.

Our job is to help young people who have been sexually abused. We have worked with lots of young people and their families and have good ideas about what helps.

## **Who will know about my visit?**

We know that young people worry about issues such as confidentiality, so at your first meeting we will agree together who needs to know about you coming here and the work we do together. If we have concerns about you or someone else not being safe, we will need to share this information.

## **Can I bring someone with me?**

Yes, we know that young people may feel anxious about coming here so feel free to bring a parent, friend or anyone you feel will support you.

## **What happens at my appointment?**

At your first meeting we talk about the kind of things that will make you feel safe and comfortable about coming here. We listen to what you feel able to say about the difficulties in your life. Some young people like to talk about what's worrying them, other prefer to draw or use other art materials to express themselves. We will try to help you find the best way to think about how you feel or what is troubling you.

## **Some things you may want to talk about**

- What has happened to me
- How to feel better about myself
- How to feel safe
- How to sleep better
- Getting on with my family
- Managing school, college or work
- Coping with friends and relationships
- Looking after myself
- Feeling less on my own
- Feeling in charge of life.

## **Some things you can do to help yourself**

- Talk about how you feel with someone you trust.
- Continue doing things that make you happy and calm – having fun, seeing friends, sports, play.

## **How long do I need to attend?**

Some young people come once a week, some less often. People come for different lengths of time; we will work this out together.

Even after reading this, you might feel unsure, but we would encourage you to come along for your first appointment so we can talk about your worries.

## Contact details

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