

Where else can I find help?

Children can call ChildLine on 0800 1111.

On-line resource for children and young people affected by domestic violence
www.thehideout.org.uk

If you or someone else is in immediate danger, call the police on **999**.

In a crisis, parents can call the NSPCC Helpline on **0808 800 5000**, email help@nspcc.org.uk or text **88858**.

National Domestic Violence Helpline
0808 2000 247

Getting in touch

For further information please contact the Play Therapist on **020 7683 1270** or email info@niaendingviolence.org.uk

Families, children or young people are very welcome to contact us themselves, or referrals may be made by professionals with parental consent.

Play Therapy Information for Adults about our Children and Young People's Play Therapy Service



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Registered Charity Number 1037072
Registered Company Number 02673624



delivering cutting edge services
to end violence against women and children

The Play Therapy Service is a confidential and free therapeutic service for children and young people affected by domestic violence.

Children, young people and domestic violence

Children and young people may see or hear domestic violence between the adults in their lives. They may also be used or even involved in violence, abuse and coercion. They're likely to be aware of abusive dynamics. They may be learning things that are harmful about women and men's roles in society and relationships.

Children and young people may also experience violence and abuse and in their own relationships.

The ways in which children and young people are affected varies according to things such as their age and gender, the severity of what they witness, whether or not they are personally involved abuse, their personality and the support available to them. However they are affected, domestic violence can have an impact on a child's present and future well-being.

What is play therapy?

nia's play therapy sessions are a space for children and young people to explore their feelings and think things through. Play therapy helps children/young people understand confusing feelings and painful events that they may not be able to sort out by themselves.

Children/young people use play and art to communicate at their own level and at their own pace, without feeling interrogated or threatened.

Children may also learn strategies to help them manage relationships and conflicts.

Sessions are usually once a week, on a regular day, at the same time and place. Each session runs for 40 to 60 minutes depending on the age of the child or young person. The number of sessions offered varies, depending on the needs of the child/young person.

Who can use the service?

The service is based in Hackney but open to all children and young people aged 0 to 18, whether living in the borough or not.

How are mothers/carers involved?

Prior to starting play therapy, the child's mother/carer will be invited to meet the Play Therapist to discuss their main concerns and contribute to an assessment of the child/young person's strengths and difficulties. The Play Therapist will need the consent of the mother/carer to start the service.

What about confidentiality?

Information that the mother/carer shares about the child/young person and the family and the content of the sessions is treated as confidential.

Information will only be shared or disclosed with prior agreement or in situations where the Play Therapist believes the child/young person or someone around her/him is at risk of harm.

Discussions of confidentiality occur prior to starting play therapy. We follow the London Safeguarding Children's Board's Child Protection Procedures.