

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.



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Registered Charity Number 1037072
Registered Company Number 02673624

Play Therapy Information for Children and Young People



delivering cutting edge services
to end violence against women and children

What is domestic violence?

Domestic violence is when one adult hurts or bullies another adult who is, or was, their partner, or who is a family member. It can include physical violence, words, making them feel bad about themselves or other actions that are meant to harm. By adult, we mean someone 16 or older. Sometimes it's people living together but sometimes they live in different houses.

Mostly, (but not always) it's the man who hurts the woman. Young people can be hurt or bullied as part of domestic violence from a boyfriend, girlfriend or adult but also children and young people can be affected by things that they see and hear between adults.

Domestic violence can happen to people from all different backgrounds. Sometimes people are too frightened to tell anyone else about it. Sometimes people think it is their fault. Sometimes, what is happening might not feel like violence. Sometimes it can go on for so long, it starts to feel like normal, but it isn't.

Domestic violence isn't your fault and you can get help.

Domestic violence & feelings

Experiencing and witnessing domestic violence can leave children and young people full of big and powerful feelings – feeling very afraid, angry, sad, guilty, confused – maybe all of these at the same time.

There are lots of questions to work out, like:

“Is it ok for me to be angry about what's happened?”

“How can I be angry in a way that doesn't hurt me or other people?”

“How do I feel about the different people in my life?”

“Is it my fault?”

“What can I do about how sad I feel?”

These feelings can sometimes affect children and young people's sleep, eating or moods. They can also sometimes affect schoolwork, friendships and home life.

What help can I get?

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

What is play therapy?

Play therapy is a time and space to express some of your feelings and think things through.

You can come to therapy to play, to do drawing, art, drama, or just talking to help with painful or difficult feelings. Play Therapy is also a place to find things that make you feel better and things that you enjoy.

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 what's best for you.

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.