

Information Sheet 1 - Advice and support for individuals receiving a disclosure

If you have personally received a disclosure you may wish to speak with someone confidentially to help you to deal with what you have heard.

You may also feel the need to be reassured that the issues are being dealt with in the best possible way with the interests of the child or young person being paramount.

Clearly confidentiality is essential and therefore when seeking support or guidance from a recommended source as detailed below you will be expected to keep the personal details (names of individuals concerned) confidential. The following contact details provide a variety of potential support mechanisms for you to approach.

Aftermath

PO Box 414
Sheffield
S4 7RT
Tel/fax 0114 275 3883

Helpline 0114 275 8520

Support, advice and befriending for families of serious offenders
www.aftermathuk.org.uk

Careline

Cardinal Heenan Centre
326 High Rd
Ilford
IG1 1QP

Tel 020 8514 1177

Confidential crisis telephone counselling service for children, young people and adults. Face to face service for adults.

www.ukselfhelp.info/careline

Child Line

Studd Street
London
N1 0QW

Tel 020 7239 1000/fax 020 7239 1001

Free national telephone helpline for children 24 hrs 0800 1111

www.childline.org.uk

Family Rights Group

The Print House
18 Ashwin Street
London
E8 3DL

Tel 020 7923 2628/fax 020 7923 2683

Assists families with children in care/residential accommodation/involved in child protection procedures

www.frg.org.uk



GOAL

FSU

207 Old Marylebone Road
London
NW1 5QP

Tel 020 7402 5175/fax 020 7724 1829

Counselling, welfare, legal advice. Offices in all areas of UK
www.fsu.org.uk

Institute of family therapy

24-32 Stephenson Way
London
NW1 2HX

Tel 020 7391 9150/fax 020 7391 9169

Family & couple therapy. Problems for families, children, adolescents, relationships, divorce, separation, illness and bereavement
www.instituteoffamilytherapy.org.uk

Lifeline

Susan Dyas
Walnut Tree House
98 Moor End
Holme on Spalding Moor
YO43 4DR

Tel 01262 469 085

Help and advice for families experiencing psychological, physical or sexual abuse within the home. Encourages and supports groups

Parentline Plus

Unit 520
Highgate Studios
53-57 Highgate Road
London
NW5 1TL

Tel 020 7284 5500

Helpline 0808 2222 2222

Support for all families/stepfamilies
www.parentlineplus.org.uk

SAFE

PO Box 1557
Salisbury
Wiltshire
SP1 2TP

Tel 01722 410 889

www.ukselfhelp.info/safe

The FA/NSPCC Helpline: (Tel: 0808 800 5000)

24 hour free and confidential telephone Helpline that provides counselling, information and advice to anyone concerned about a child at risk of ill treatment or abuse.

- For those with a hearing difficulty, there is a text phone telephone number: 0800 056 0566
- Asian Helpline operated by Asian counsellors in:
 - Gujarati (telephone: 0800 096 7714)**
 - Hindi (telephone: 0800 096 7716)**
 - Bengali/Sylehti (telephone: 0800 096 7715)**
 - Punjabi (telephone: 0800 096 7717)**
 - Urdu (telephone: 0800 096 7718)**
 - English (telephone: 0800 096 7719)**

At the time of publication The Asian Helpline is open between 11am and 7pm, so please check the NSPCC website for up to date details.

The Samaritans

The Upper Mill
Kingston Road
Ewell
KT 17 2AF

Helpline (local call rate) 08457 90 90 90

Admin tel 020 8394 8300/Fax 020 8394 8301

Nationwide, non-religious, non-political 24 hour confidential support

www.samaritans.org.uk