

TELL ME MORE...

You might find that you would like other, more creative ways to communicate your feelings with your Counsellor. We can do this through music, mood cards, books that look at the way you feel, and other therapeutic items. All of these things can help when trying to describe how you feel.

Never worry that you might not have the words to explain your thoughts, feelings and emotions. Your Counsellor will help you to work with them and cope with them, and you are given time, and a safe space to do that in.

You can expect to receive a kind and caring experience, that is understanding and accepting. Your counsellor will never be embarrassed by what you tell them, and you are free to talk about anything you need to.

PLEASE CONTACT US AT:

Cattedown Primary Care
Centre 1st Floor, 8
Cattedown Road Plymouth,
Devon PL4 0BZ
t: 03458 121212

e: info@firstlight.org.uk

Charity Reg No. 1090457

www.firstlight.org.uk

USEFUL CONTACTS

Childline
Support for children and young people
0800 11 11

NSPCC
National Society for the Prevention of Cruelty to
Children
0808 800 5000

KOOTH- - On line counselling
www.kooth.com

The Zone - counselling and support
01752 206626

Samaritans 24hr Helpline
FREE - 116 123
jo@samaritans.org

Police
111 or in emergency 999

PDAS
Support for women and children who experience
domestic abuse
01752 252 033

CYP ISVA
Child and Young People Independent Sexual
Violence Advocate
03458 12 12 12

You can also talk to, and ask for help from
your:

- Doctor (you do not need an adult to go with you, or make an appointment).
- School nurse.
- Safeguarding officer at school.
- Favourite teacher.

All of these people have a duty to help and protect you.

No matter who you are, your country of origin, your faith, religion or sexuality, all young people are welcome at First Light. Every young person can expect to be treated fairly and with dignity at all times.



FIRST
LIGHT

Domestic Abuse and Sexual
Violence Support for All

CHILDREN AND YOUNG PEOPLE'S COUNSELLING

Information for young people aged between 11-17



WHO ARE WE?

We are a professional team who are specially trained to support those who have been raped or sexually assaulted.

WHAT DO WE DO?

We provide free counselling to young people aged between 11 - 17 who have experienced sexual assault or abuse. This includes specialist Pre-trial Therapy, should your case go to court. Not all cases go to court, but this can be a difficult time for you if and when it does. Pre-trial Therapy is to help you with your everyday life during the run up to court, and to try and help you any added pressures you may be feeling.



WHAT IS COUNSELLING?

Counselling is a process that offers you a safe, confidential space in which to talk about what has happened to you, how you are feeling, how you are coping, and looking towards the future to find a way forward for you.

The counselling room is comfortable and is designed to help you feel as safe and relaxed as possible.

The type of counselling we offer is private and is face to face, based on what is called the Person Centred model. This means that we talk about what you want to talk about in your sessions, and what feels important to you.

Your privacy and confidentiality are respected, and your counsellor and First Light are committed to your safety and protection at all times.

WHO IS MY COUNSELLOR?

Your Counsellor is a highly qualified, experienced professional who specialises in working with those who have been sexually assaulted or abused.

Your Counsellor is a member of the BACP, (British Association of Counselling and Psychotherapy), and follows the BACP Ethical Framework. This means your Counsellor has to work in a way which meets national standards.

THE PROCESS

You are carefully assessed, to make sure the service we offer is suitable for you. Assessment takes place with your parent or guardian, and lasts about 90 minutes. You will then be on our waiting list, and will be offered the earliest possible appointment.

You will be offered at least 6 weekly sessions which last up to 50 minutes each, and these will be at the First Light office in Plymouth.

After the first 6 sessions, there may be the opportunity to have more sessions. Your parent or guardian is expected to bring you for the start of your session and collect you at the end.

You can expect to be listened to, and be believed, throughout all your sessions with your Counsellor.

**WE'RE HERE
FOR YOU**

03458 121212

info@firstlight.org.uk