

Support 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.

Child Line

Free 24 hour national telephone helpline for children 0800 1111
www.childline.org.uk – on-line 1-2-1 chat

Family Rights Group

Freephone Helpline Number 0808 801 0366
Assists families with children in care/residential accommodation. Involved in child protection procedures
www.frg.org.uk

Institute of family therapy

24-32 Stephenson Way
London NW1 2HX
Tel 020 7391 9150
Email therapy@ift.org.uk
Family & couple therapy. Problems for families, children, adolescents, relationships, divorce, separation, illness and bereavement
www.ift.org.uk

Family Lives

Helpline 0808 800 2222
Support for all families/stepfamilies
www.familylives.org.uk

NSPCC

Email help@nspcc.org.uk
Text 88858
Helpline 0800 800 5000

The Samaritans

Helpline (local call rate) 116 123
Admin tel 020 8394 8300/Fax 020 8394 8301
Nationwide, non-religious, non-political 24 hour confidential support
www.samaritans.org

NSPCC 24 HOUR HELPLINE 0800 800 5000