

"I was able to become more confident and have my own space.

I think it helped because you feel understood and respected."

Find out more:

www.the-green-house.org.uk

info@the-green-house.org.uk

0117 935 1707

Other sources of support

Information about other mental health or sexual abuse services for young people can be found on our website.

www.the-green-house.org.uk

The Survivor Pathway website is another useful place for exploring what support may be available in your local area.

www.survivorpathway.org.uk

Childline offers free, confidential help to anyone under 19, whatever you are going through.

Their trained counsellors are contactable 24/7 by phone, email or online.

Visit www.childline.org.uk or call **0800 1111** (for free).



The Green House is a registered charity.
Registered Charity Number 800806.

The Green House is a company limited by guarantee.
Registered in England 2414332.

The Green House adheres to the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy BACP Organisational member (No. 169416).

The Green House adheres to The Survivors Trust National Standards.

THERAPY FOR YOUNG PEOPLE

Are you wondering about coming to The Green House?

This leaflet tells you more about what to expect and how we can help.





We are here to support you

Who are The Green House?

We are a Bristol-based charity dedicated to helping people affected by sexual abuse and assault.

We provide free, specialist therapy services for adults, children and young people of all ages and backgrounds.

We have been doing this work for over 30 years. Each of our therapists have extensive experience in working with young people and trauma.

What do we do?

Our Children and Young People's Service works with anyone under 18 who has been affected by sexual abuse or assault. Our team focus on using creative therapies, such as art and drama therapy, to help in dealing with the impact of these traumatic experiences.

What is therapy?

We recognise that sexual abuse can affect people in lots of different ways. Therapy offers a safe space to explore your feelings and experiences in a way that feels right for you. It can be a place to ask questions, express difficult thoughts or emotions, and think about the challenges you face. Your therapist is there to help you find your own way forward.

You can choose how to use your time and space in therapy. The options include activities like drawing, painting or drama, as well as talking about how you feel.

What will therapy involve?

Before beginning therapy we will invite you, or sometimes your parent or carer (we will discuss this with you), to an initial assessment appointment. This is a chance for us to understand more about you and how we might be able to help.

In total we will be able to offer you up to 24 sessions of therapy. These will be with the same therapist and at the same time and location each week. Every 6 weeks we will review the work which has taken place and decide together if further sessions would be helpful.

How long before starting?

Once you have signed up for therapy and the referral process completed, your name will be added to our young people's waiting list. Waiting times can vary but we will let you know how long this is likely to be.

Have some more questions?

To find out more about accessing the service you can give our team a call on **0117 935 1707** or email **info@the-green-house.org.uk**.