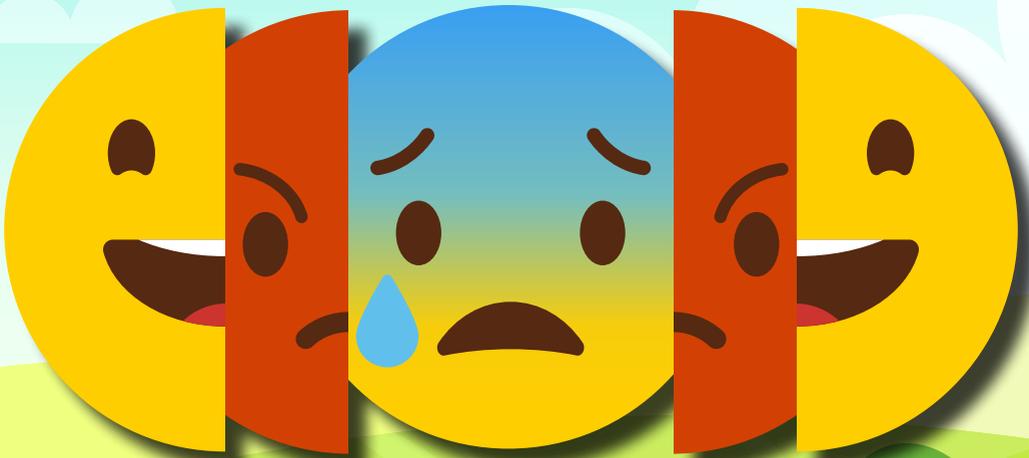


# Hope from Hurt

Information for  
Parents/Carers



Hope from Hurt is a Therapeutic Service to support Children/Young People, (aged 4-25), and their Families following child abuse.

I have worked in this area since 2004 and have helped so many children and parents move on from the trauma of child abuse.

I'm sure that you've had a lot of different feelings since your child told you what happened to them. I want to say that everything you are feeling is totally normal given what has happened. You are an ordinary family going through something extraordinary.

I will do everything I can to support your child and help them through their trauma. All my work is tailored to the individual child, and I will spend time getting to know them before beginning the therapeutic work.

It doesn't matter whether the abuse has been reported to the Police, but I do need to know that your child is safe and not at risk of ongoing abuse.

I can also offer you, or your other children, support to help you/them deal with your feelings about what happened. Even if your child decides not to meet with me, I can still work with you to help you understand the impact on your child and support them in their recovery.

If you have your own experiences of child abuse or trauma, I can support you with these experiences, separate to the work in relation to your child's experiences.

I am happy to meet with you to discuss the work in more detail so you can get a better understanding of the work and answer any questions you have, just call me or send an email.

Contact details:

**SHConsultancy19@gmail.com** or  
**07832950438 / 044 7832950438**

