



# Respect



## 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](http://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](http://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](http://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](http://www.frg.org.uk)

#### **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](http://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](http://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](http://www.parentlineplus.org.uk)

#### **SAFE**

PO Box 1557  
Salisbury  
Wiltshire, SP1 2TP  
Tel 01722 410 889

[www.ukselfhelp.info/safe](http://www.ukselfhelp.info/safe)



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## Information Sheet 1 (cont)

### Advice and support for individuals receiving a disclosure

#### **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](http://www.samaritans.org.uk)