

Frequently Asked Questions

How much will it cost?

All the support we offer is free.

How to get Support

If you would like support from a Therapeutic Support Worker, you can phone the EMCYPSAS 24hour phone number on 0800 183 0023. If you find this difficult, you can ask your parent or carer to do this for you. We will take your details and then arrange an assessment to discuss your needs.

More information about the EMCYPSAS services can be found on their website: www.emcypsas.co.uk

More information about support which is offered by Notts SVS Services can be found on our website: www.nottssvss.org.uk

Notts SVS Services
Therapeutic Support

USEFUL SERVICES

Children and Young People:

Childline

Tel 08001111 | www.childline.org.uk

Kooth

www.kooth.com

Online free, safe and anonymous support for young people
Monday – Friday 12pm – 10pm, Saturday – Sunday 6pm – 10pm

Base 51

NGY myplace, 29-31 Castle Gate, Nottingham NG1 7AR

Telephone 0115 9525040 www.ngymyplace.co.uk

Provides confidential support and services for young people aged 12–25 years in Nottingham and Nottinghamshire

OutBurst – LGBT up to 19 years

Telephone 0115 9525040

www.facebook.com/outburstnotts

Parent/Carers:

Relate (Relationships and family lives)

www.relate.org.uk tel: 0300 100 1234

Family Lives (formerly Parentline Plus)

Helpline 0808 800 2222 or www.familylives.org.uk

National confidential helpline / website / online chat

Notts SVS Services

Can offer telephone support and counselling to parents of children and young people who have experienced sexual violence.

Counselling Helpline 0115 941 0440

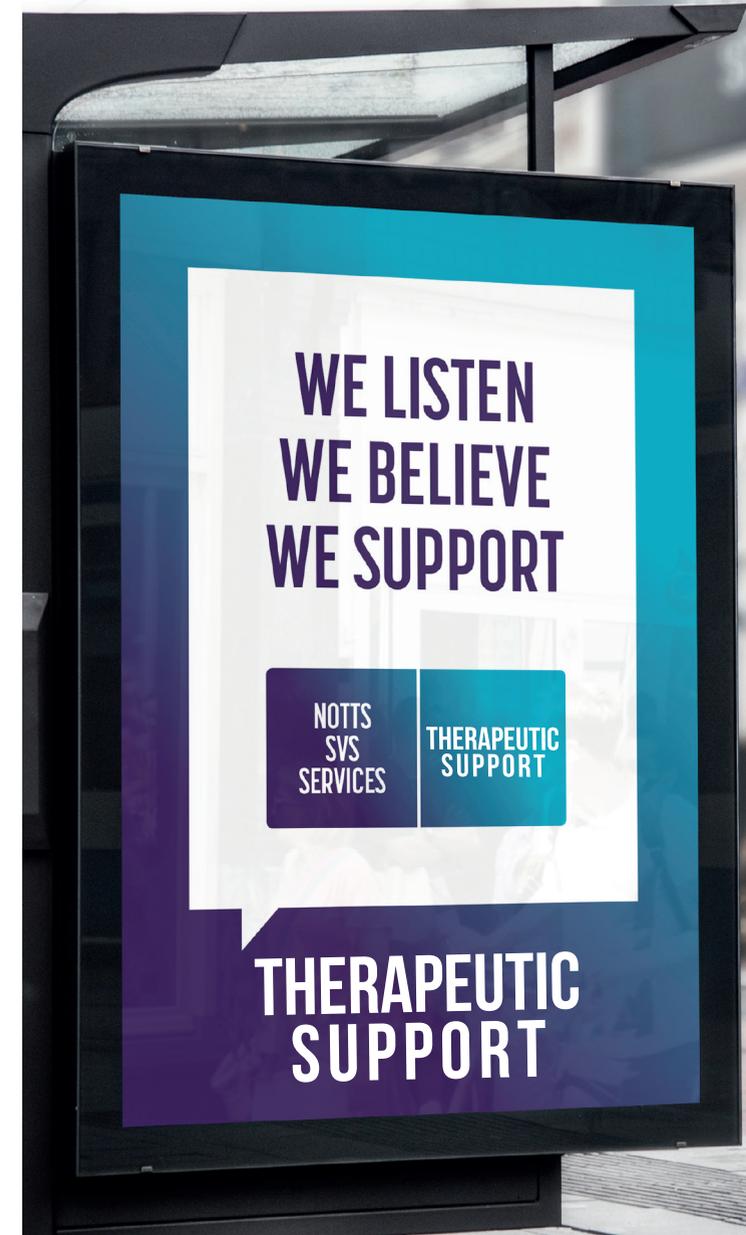
www.nottssvss.org.uk



EMCYPSAS: 0800 183 0023

EMCYPSAS WEB: WWW.EMCYPSAS.CO.UK

NOTTS SVSS WEB: WWW.NOTTSSVSS.ORG.UK



CHILDREN AND YOUNG PEOPLE'S THERAPEUTIC SUPPORT SERVICE

SUPPORT FOR YOUNG PEOPLE AGED 13 UPWARDS ACCESSING EMCYPSAS

WHAT DOES THE THERAPEUTIC SUPPORT SERVICE OFFER?

The Young People's Therapeutic Support Service offers information and support to anyone living in Nottingham City, aged 13-17 (up to age 24 where there are complex needs), who has experienced rape or sexual assault, whether recently or in the past.

Our specialist support workers will work with you to explore and express your thoughts, feelings and concerns in a safe, non-judgemental space.

Getting support is a positive step to help you find and develop solutions to your current difficulties.

If you do not live in Nottingham City or are not sure, contact EMCYPSAS and they will help you to access services near to you
0800 183 0023

WHAT CAN YOUR THERAPEUTIC SUPPORT WORKER OFFER YOU?

We can offer:

- ✓ An assessment to discuss your needs, followed by up to 10 sessions of support.
- ✓ Support sessions in a place suitable for you, that will fit around your education and other needs.
- ✓ Locations which are friendly and welcoming.
- ✓ The option to include your family or carers in the assessment, so that they can understand what you need and how we are supporting you.
- ✓ Help with getting support from other services for any other needs you may have

Your feelings, safety and wellbeing are at the centre of the support we offer you. We do not claim to have all the answers, but we can help you to make sense of what has happened and offer you support in a place which is safe and non-judgemental.

At the end of your time with us, we will discuss any other needs or further support you may want and arrange for you to get help with this.

ABOUT OUR THERAPEUTIC SUPPORT WORKERS

OUR WORKERS:

- ✓ Are fully trained and qualified to meet your needs and support you with your experiences
- ✓ Undertake regular training and development
- ✓ Work to very high standards to ensure you are supported safely and ethically (in accordance with the British Association for Counselling and Psychotherapy).

www.bacp.co.uk

CONFIDENTIALITY

Our service is confidential, which means that anything you tell us will not be passed onto anyone else, except in certain situations. We might have to pass information on where you or somebody else is in danger, for example. We will discuss this with you when we talk about your needs at the assessment.