Domestic Violence Support Group for Young People (11-16 yrs old)

- Have you witnessed violence and arguments in your family home.
- Are you feeling low and down and often find yourself thinking a lot about it.
- Are you feeling scared.
- Do you get angry or upset.
- Are you arguing with your mum, dad and/or brothers and sisters more than usual.
- Do you find it hard to concentrate at school.
- Have you got anyone to talk to
- Are you having nightmares, find it hard to sleep or do lots of thinking about the violence.

If you are experiencing any of these difficulties or any other difficulties that you can’t explain and have seen or lived with violence or aggression in the home, please contact us or speak with your teacher, who will be able to call us for you.

Contact: Via text or phonecall  Michelle 07427630539 / 02071950333