

Mindsight Surrey CAMHS **STARS: Sexual Trauma**

Information for young people families,
carers and workers



Easy Read

Services for young people who have suffered from sexual abuse



We provide therapy and support for children, young people aged 4 - 18 and their families who have been affected by sexual abuse.



We also provide help and training for other professionals who are working with cases of sexual abuse.

How we can help you



Any sexual assault or sexual abuse is traumatic. We can offer you support and therapy in this area.



Support during the investigation

When sexual abuse or a sexual assault happens there will be an investigation. It might be a police investigation.



We offer support while this happens.

We offer practical support, advice and work with the other agencies.



One-to-one therapy for children and young people

We meet with you to work out what is the best therapy.



We might then set up some weekly sessions at our local clinic or at our base in Epsom.

We can offer different therapies such as:



Group therapy for children and young people.

We meet with you to work out what is the best group therapy for you.



The group helps you to talk about your thoughts and feelings with people your age who have been through something similar.

The group meets every week for 12 to 15 weeks after school.

There will be about 6 young people in each group.

Group therapy for carers.

These sessions help carers to talk about their thoughts and feelings about what has happened to their children.



The carers group works on a week day morning. We may start one in the evening as well.

What we offer



- We visit you at home to look at the issues and plan what to do next.
- We keep everything you say private. We don't pass on personal information to anyone.



- Our team are experts in working with children, young people and families who have suffered from sexual abuse.
- We listen to you, treat you with respect and put your child first.



For children and young people

We aim to help you to choose the right sort of help for you. This could be:

- Support during the investigation
- An assessment of what you need
- One-to-one therapy
- Group work



For Parents and Carers

We visit you at home and can also see you in a clinic to provide help and advice.

We will offer support during the investigation which includes:

- One to one support and advice



- Work with you to develop a support plan

- Explain how the investigation, the police and the courts work



- Help you to deal with all the professionals - like the police, the courts, Social Workers, Youth Service, Sexual Health Clinic, The witness service, School, College

Helpful contacts



Solace Centre

(Sexual Assault Referral Centre, SARC)

Tel: 0300 130 3038



Rape and Sexual Abuse Support Centre, Guildford (RASASC)

Tel: 01483 546400



Childline

Tel: 0800 1111



NSPCC

Tel: 0808 800 5000



Samaritans

Tel: 116 123

Email: jo@samaritans.org

How to get help

You can contact the **STARS** team:

Ramsay House
Richmond Crescent
West Park
Epsom KT19 8PB

Tel: 01372 203096

Or the child and young people mental health service (**CAMHS**) **One Stop**

Telephone: 0300 222 5755



Web: sabp.nhs.uk/mindsightsurreycamhs



You can also get a service by talking to your local doctor, your social care support worker, or your school or college.



In a crisis you can phone CAMHS One Stop on **0300 222 5755** between 8am and 8pm

If you are in a crisis at night you should phone 999