

Are you feeling...?

Stressed out

Scared

Sad

Guilty

Confused

Angry

Alone

We Can Help...

By giving you a safe space to think about your feelings and what you need to feel better.

There are people who can help. If you are worried about what's happening in your family talk to an adult you can trust or call one of these numbers:



Children and young people's service – Shetland Women's Aid
01595 692070



Childline
0800 1111



Domestic Abuse Helpline
0800 027 1234



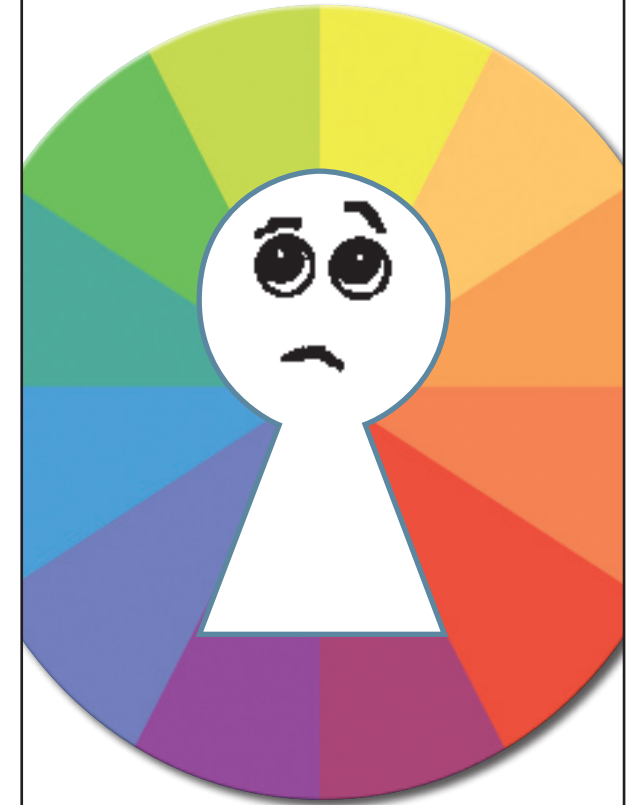
For online advice visit:
www.thehideout.org.uk
www.scottishwomensaid.org.uk

STAY SAFE!

If adults at home are fighting do not get involved.

In an Emergency dial 999

Problems at Home?



Support for children and young people affected by domestic abuse and family breakdown in Shetland.

Tel 01595 692070

Problems at Home?

Everyone has to deal with problems, it's a normal part of life. However there can be times when things can begin to feel more difficult to deal with alone.

You may want to talk about...

- Parents splitting up.
- Controlling or violent behaviour from one parent to another (domestic abuse).
- The way you are being treated by a boyfriend/girlfriend.

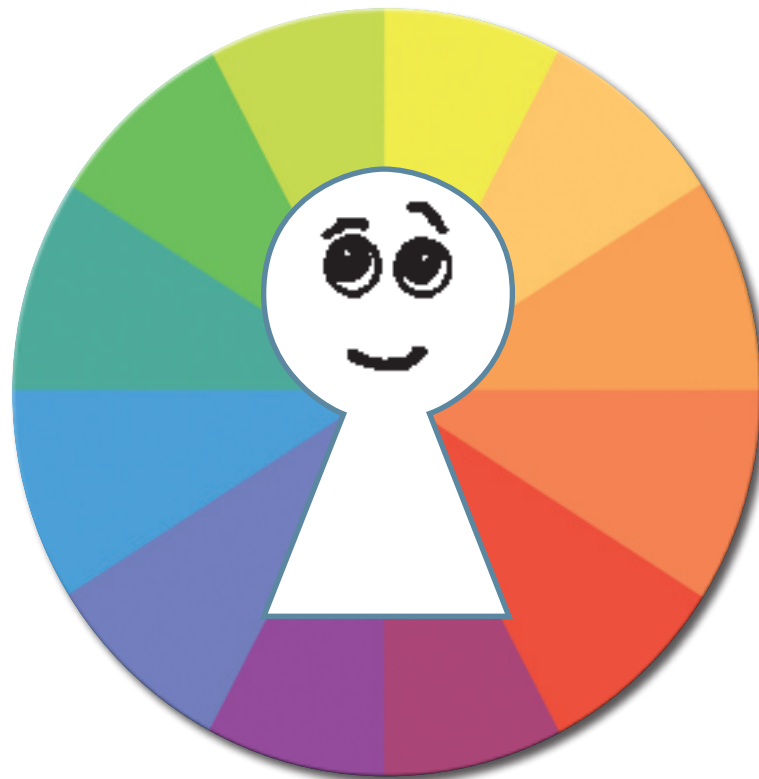
If something is happening to you, or in your family, that doesn't feel right, it can help to tell someone.

Who are we?

We are specially trained workers who can help you to work through difficult feelings in the way that is best for you.

What do we do?

We work with people in many different ways, it depends on you. We aim to make sure you are safe and to give you a 'safe space' to think about your feelings.



Who is it for?

Anyone under 18, Male and Female.
(We have a women's (18+) service too)

Is this what I need?

If you don't know exactly what you need give us a call anyway. If we can't help we will do our best to help you find someone that can.

Get in touch

You can call, email or text us anytime. During evenings and weekends you may need to leave a message.



CALL
01595 692070



TEXT
07748435584



EMAIL
shetland_womens_aid
@hotmail.com