

A close-up photograph of a person's ear and hand. The hand is held up to the ear, palm facing forward, in a gesture of listening or amplification. The background is a solid blue color.

INFORMATION LEAFLET FOR YOUNG PEOPLE

The logo for Time4u is presented in a black speech bubble shape. The word "Time4u" is written in a light blue, sans-serif font. The letter "i" in "Time" has a small heart above it. The "4" is a simple numeral, and the "u" is lowercase.

Time4u

TALKING THERAPIES FOR
YOUNG VICTIMS OF CRIME

WHAT IS TIME4u?

Time4u is a counselling and psychotherapy service for young people aged 13 - 19 years (up to 24 years with additional needs) who have been affected by domestic abuse or sexual violence.

This includes young people who have witnessed violence or been affected by violence in their home. Time4u is delivered by Embrace Child Victims of Crime, a national charitable incorporated organisation (CIO)

The service offers you the opportunity to talk to someone who is trained to listen and not judge you. Sometimes it's easier and helpful to talk with someone who doesn't already know you or your family. The therapist will listen to what you have to say. They will try to understand and help you find ways to begin to move forward – without telling you what to do.



IS IT FOR ME?

If you have been affected by domestic violence and/ or sexual abuse and would like to talk to someone about how your experiences are affecting you now, this service is designed for you.

Domestic violence and abuse is a term which is used to describe any incident, or pattern of incidents, of controlling or threatening behaviour - including violence or abuse. Sexual violence is any sexual act, or attempt to force a sexual act, by violence or persuasion (coercion).

WILL ANYONE ELSE KNOW WHAT WE TALK ABOUT?

Counselling and psychotherapy are confidential, so your therapist will not tell anyone else what you talk about with them, unless they have serious concerns about your safety. At your initial meeting confidentiality will be discussed with you. This may be the first time you have talked with someone about the experiences you have had. The therapist will understand and help you feel more comfortable. You will not be expected to talk about anything you don't want to talk about.

www.embracevoc.org.uk

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WHAT ELSE DO I NEED TO KNOW?

have been a victim of, or witness to domestic abuse or sexual violence

be safe from the offender

be able to make an informed choice about therapy and what it might offer you at this stage

HOW DOES THE PROCESS WORK AND WHERE DOES THE TALKING THERAPY TAKE PLACE?

On the Embrace website is a referral form. This can be completed by you, your parent, teacher or another person who knows you and is concerned for you.

Once your referral is received, you or your referrer will be contacted within a few days. We aim to do this as swiftly as possible. During this time, we match you with a suitable therapist in an area that is close to you.

You will be offered an initial meeting with a therapist and, if therapy is appropriate, a number of weekly sessions will be arranged at a time that suits you. The weekly sessions usually start soon (usually within 10 days) after the initial meeting.

HOW TO MAKE A REFERRAL

There is a Time4u referral form on the Embrace, Child Victims of Crime website. The address is:

www.embracecroc.org.uk

You can refer yourself or someone can refer you. The law says you can access talking therapy with or without your parent or carer's consent. Referrals are confidential and are processed by Time4u staff.

Time4u talking therapies phone number for enquiries is

07889 623639

Or email:

time4u@embracecroc.org.uk

Time4u is part of the Cambridgeshire and Peterborough Prevention and Intervention Project. It is funded by the Home Office's Violence Against Women and Girls (VAWG) Transformation Fund, in partnership with the Office of the Police & Crime Commissioner, Cambridgeshire County Council and Peterborough City Council.

We welcome referrals from all young people regardless of gender identity.



T: 0345 60 999 60

E: info@embracecroc.org.uk

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Embrace Child Victims of Crime has an administrative office at 10 Crown Street, St Ives, Cambridgeshire, PE27 5EB.

Time4u is based at The Elms, Hinchingsbrooke Park, Huntingdon, PE29 6NT. Therapy rooms are located around the county.



Home Office