



# we STAND

## We stand supports families impacted by child sexual abuse

We Stand has been offering support and advice to families impacted by child sexual abuse for over 30 years. We offer a range of services for non-abusing parents and carers, child victims, and their siblings, to help the whole family move forwards after abuse.

**To access support call our national helpline  
0800 980 1958**

## Our Services

### National:

- Counselling for parents and carers
- Parent Training workshops
- Legal Advice and Support
- Parent Child Relational Play
- Training for professionals

### London:

- Creative Arts Therapy for children
- Young People's Counselling



**For more information  
visit our website**

[www.westand.org.uk](http://www.westand.org.uk)

# Services Overview



## National Helpline

Our helpline is a confidential, supportive and informative space for all non-abusing parents and carers, and professionals. Lines are open Monday 10am – 4pm, and Tuesday, Wednesday and Thursday 10am – 2pm.



## Children and Young People's Services

**Creative Arts Therapy** – A space for children to explore and express difficult thoughts and feelings using media such as drawing, sand, drama or guided imagery. We offer creative arts therapy in London for children whose parents are already engaged in counselling.

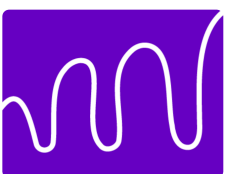
**Parent Child Relational Play (PCRP)** – 1-2-1 courses for parents and carers; PCRP focuses on the importance of secure attachment, communication and relationship strengthening through child focused and child led play.

**Young People's Counselling** – Counselling specifically designed for young people between the ages of 15 and 21, as they transition into adulthood.



## Counselling for parents/carers

Counselling can help you process what has happened and empower you to move forwards. Our counselling service provides a safe, non-judgemental space to help parents and carers feel supported and heard. We offer counselling online or face to face in our London office.



## Parent Training

Our programme of training workshops help parents and carers gain the knowledge and skills they need to support their children after child sexual abuse. The programme provides a mixture of 1-2-1 and group support and can be accessed online.



## Legal Services, Advice and Support

Specialist advice and support UK-wide around topics such as schooling, housing, benefits, criminal and civil court cases and child protection procedures. In addition, we offer access to qualified legal advice for families living in England and Wales.

**To access any of our services call our helpline on 0800 980 1958**