

the lighthouse



**Information
about the
Lighthouse**

**Advice from other
young people**

We asked young people what they wished they had known before coming to the Lighthouse, and what advice they would give to people coming to the service.

This is what they said...

"Going to other services I felt judged, the person said they didn't believe what I was saying, and made me feel bad. The Lighthouse doesn't do things like that. They are very welcoming, always there to listen and never judgemental."

"I was worried before I came, but you don't need to feel so anxious about coming here."

"It's not about getting you in and out, it's in your hands how long you want the sessions to be and when."

"They don't go on and on about your experience. It's not all about what you have been through, it's more than just talking about sexual abuse."

"The rooms feel safe at the Lighthouse."

"People here consistently say it's not my fault what happened to me."

"They might ask you to set goals/targets, this can be helpful to see how far you've come!"

"Every session can be difficult, maybe ask your parents for help to think about how to talk about things."

"After the first appointment I wasn't sure if I wanted to come back because I thought there would always be so many people in the appointments, but there wasn't. Now it's usually just one person and me."

"Sometimes there are lots of people in the first appointment. You can ask some of them to leave if it's too daunting!"

"It can be helpful to think about what you want from the lighthouse before you come, maybe plan what you might say."

"There is always tea, hot chocolate and snacks which is important."

"The people are super friendly and sweet. I have received amazing help."

"Talking about the future and my strengths has helped. Focusing on the positives in my sessions here has given me strength to know my life can change and get better."

"I felt more listened to here than other places."

"It's not easy to forget but with help and support from the Lighthouse you can be strong and pass through."

"Check out the website before you come!"

Advice from our youngest children...

"It's like a big house that feels like home. You can talk about feelings and things that happened you didn't really like and play."

"Come to the lighthouse! I was scared the first time I came but I'm used to the Lighthouse now because I come every week."

Find out more at

www.thelighthouse-london.org.uk

Call us on

0808 169 8112

The Lighthouse

7-9 Greenland Place, London, NW1 0AP

All services are available by a booked appointment.

**The lighthouse is for children in
Barnet, Camden, Enfield, Haringey and Islington.**