

# the lighthouse



**Supporting children and  
young people who have  
experienced sexual abuse**

**A guide for parents and carers**



**At The Lighthouse we know that any form of sexual abuse can affect children and young people in all kinds of ways. It can make them feel upset, confused or angry. But with the right support children and young people can recover.**

### **What is The Lighthouse?**

The Lighthouse is a safe space to report abuse, offer support to help your child recover, and seek the justice they deserve. It will help you and your child to understand and make sense of your experiences. As a parent or carer we understand this is a distressing time and you may be feeling powerless to help. But you have an important role in helping your child overcome the effects of sexual abuse and our experienced support workers will be there to guide your family through your journey.

### **What happens at The Lighthouse?**

At The Lighthouse we want to make sure your child recovers from the upset that sexual abuse can cause. We focus on getting the right help at the right time, helping to equip you to support your child every step of the way.

#### **Meeting your child's advocate**

You will meet one of our support workers – your child's advocate – who will guide you both through your Lighthouse journey. They will help you and your child to access and understand the medical care, mental health support and police and social worker help that is available.

#### **Getting important medical support**

A play specialist can help your child prepare for the medical assessments, offered by the paediatrician and supported by a nurse. It's up to your child if they want to be seen alone, with you or with another trusted adult.

#### **Gathering crucial evidence**

When your child is ready to speak about what happened, an interview is conducted and led by a clinical

psychologist, with support from a police officer. Having a specialist child psychologist carry out the interview, helps to reduce re-traumatisation and gather the best evidence, by putting your child's emotional needs first.

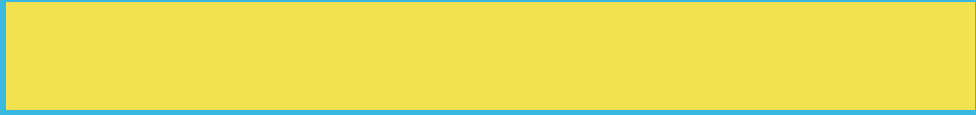
#### **Emotional health and wellbeing**

Children and young people have told us that talking to someone they trust can help them feel better. At The Lighthouse your child will speak with a therapist who specialises in supporting children and young people who've experienced sexual abuse. The therapist will get to know them, listen to them and be there for your child every step of the way.

We make sure all this support is in one familiar, child-friendly place, The Lighthouse.

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# You child's advocate is:



## **Find out more at**

[www.uclh.nhs.uk/thelighthouse](http://www.uclh.nhs.uk/thelighthouse)

## **Speak to The Lighthouse team**

Phone: 0808 169 8112

Email: [uclh.thelighthouse@nhs.net](mailto:uclh.thelighthouse@nhs.net)

## **Opening hours**

Monday to Saturday: 10am–8pm

Sunday: 10am–1pm

All services are available by a booked appointment.

**This service is available to young people and families  
in Barnet, Camden, Enfield, Haringey and Islington**