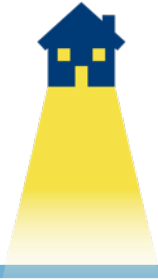


the lighthouse



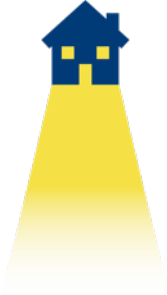
# The Lighthouse

## How we can help you



# Who we are

## the lighthouse



Hello. We are called The Lighthouse.

We can help you if you are upset or scared because:

- Someone has hurt you
- Someone has made you do something with your body
- Someone has shown you something that upset you



We know this can be hard to talk about.

But it is not your fault. You did nothing wrong.



We are here to help.

## How we can help you



We have a safe place you can come to.

You can tell us what happened to you if you want.

You can choose what to talk about.

You can tell us when you want.  
There is no rush.



## What happens when you come to see us



You will meet someone you can talk to.

They know a lot about talking to children who have been hurt.



They will get to know you and listen to you.

They will help you while you are at The Lighthouse.

The person who will help you is called:

## Seeing a doctor or nurse

You can see a doctor or a nurse if you need to.



We have someone who can help you get ready for this.



They will have lots of toys and things to draw with.



You can see the doctor or nurse on your own.

Or you can take someone you trust.

It is up to you.

## Getting ready for court



Your case may go to court.

This is when some people will look at what happened to you.

They will decide what happens next.



We can talk to you to get some information for the people at court.

When you are ready to talk someone will listen to you.



Other people will be there to help as well.

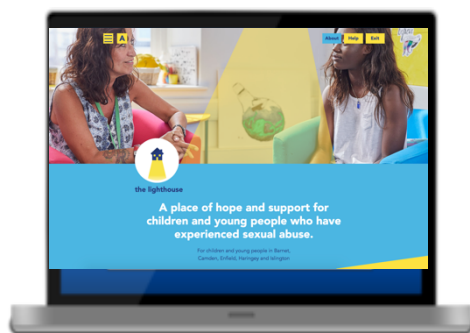
Like people from the council who help people. They are called social workers.

And people from the police.

# How to find out more



You can phone us on 0208 049 0010.



You can email:  
[thelighthouse.ask@nhs.net](mailto:thelighthouse.ask@nhs.net)

We also have a website:

[www.thelighthouse-london.org.uk](http://www.thelighthouse-london.org.uk)



Our address is:

The Lighthouse  
7–9 Greenland Place  
London NW1 0AP



We are open Monday to Friday  
from 10am to 7pm.

Some pictures by Photosymbols