

## What other people say about DVAP children and young people service.

"My worker listened to me when no one else would."

"I'm happy getting some things regarding my Dad out of my system and I feel better."

"I felt like a bottle of fizzy coke that was gonna explode talking to my worker helped the fizz go away."

"I enjoyed working with my worker and the activities thank you for helping."

You can contact the DVAP children and young peoples service on this number

(01482) 396368

The following number is available

9am - 5pm Monday to Thursday

9am - 4.30pm on a Friday.

Email:

[dvap.childrens.service@eastriding.gov.uk](mailto:dvap.childrens.service@eastriding.gov.uk)

If you need to talk to someone outside of these times you can call childline on

0800 11 11

On the net you can go on

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

**IF YOU EVER FEEL IN DANGER  
ALWAYS DIAL 999**

Domestic Violence  
&  
Abuse Partnership

**DVAP CHILDREN  
AND YOUNG  
PEOPLE'S SERVICE**

Supporting children and young people who have been affected by domestic violence



**EAST RIDING**  
OF YORKSHIRE COUNCIL

## WHAT IS THE DVAP CHILDREN'S AND YOUNG PEOPLE'S SERVICE?

We are a service offering support to anyone aged between 5 and 16 who has been affected by domestic violence.



This can mean a lot of different things but if there has been violence or other types of abuse at home or within your family that you have been a victim of, have seen or heard, or been told about then we can provide support for you to deal with the feelings this might bring up.

## WHAT CAN YOU DO TO HELP ME?

We know that everyone is different and we all deal with things in our own way. Your worker will talk to you about how we can best support you.



Some people feel a bit shy at first but we can take time to get to know you so you have someone to trust you can talk to.



Some people like to come and talk to someone about the different things they are feeling or thinking. Others like to get some advice about the situation.

Others like to do art work as a way of expressing themselves or write things down.



It can be a confusing time and many young people also like to get support with their feelings of anger or changes in their behaviour. It can be quite common to feel out of control and having some support can help you to get things get back on track.



Receiving support from a worker is your choice. You can always come back another time.