



## *A Young Person's Guide to Adoption Support*

*This is a guide for young people who have been adopted to tell you about the help and support can you receive.*

*Your therapist is an experienced therapist who has worked with a lot of adopted young people and their families.*

*She can help you -*

*Make sense of adoption*

*Ask any questions you have about your adoption*

*Understand your early life*

*Share anything you want to share about your adoptive family*

*It's a space and time for you to use as you wish.*

## ***FEELINGS***

*Its is completely normal to have a lot of feelings about being adopted.*

*It can be a tough time for teenagers who are making sense of their identity.*

*Your therapist will offer you a weekly session which will be a safe space to explore any feelings you wish to explore.*



## ***QUESTIONS***

*As you grow older its natural to want to understand more about your origins and put all the pieces of the puzzle together.*

*Your therapist will do her best to help you find out any information you wish to know about.*



## *SAFETY*

*It is so important for young people to feel safe and to keep themselves safe. Social media can provide fun ways of connecting with friends but it can also be a scary, lonely place if you are feeling bullied. Your therapist is happy to think about these issues with you.*

*[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)*

*[www.childnet.com/youngpeople](http://www.childnet.com/youngpeople) are websites with tips and advice about staying safe online.*



## *HELP*

*Your therapist hopes that she will be able to help you but there are other organisations that can help too.*

*CHILDLINE is a free, private service where you can talk about anything.*

*Tel no 0800 11 11 [www.childline.org.uk](http://www.childline.org.uk)*

*NATIONAL YOUTH ADVOCACY SERVICE offers advice and information to children and young people Tel no 0808 808 1001*

*[www.youngpeople.nyas.net](http://www.youngpeople.nyas.net)*

*THE CHILDREN'S COMMISSIONER for England is called Dame Rachel de Souza. Her tel no is 0207 783 8330 [www.children'scommissioner.gov.uk](http://www.children'scommissioner.gov.uk)*

## *IF YOU ARE UNHAPPY*

*If you are unhappy about anything to do with our sessions, please tell your parents who will tell your therapist. If you are still unhappy then you or your parents can contact the organisation below to make a complaint.*

### *OFSTED*

*Piccadilly Gate, Store Street, Manchester M1 2WD  
0300 123 1231 [www.ofsted.gov.uk](http://www.ofsted.gov.uk)*

Contact details are -  
*Play Therapy Services*

*1 Beacon Mews*

*South Road*

*Weybridge*

*Surrey*

*KT13 9DZ*

*01932 829587*

[info@playtherapyservices.co.uk](mailto:info@playtherapyservices.co.uk)