

What do I do if I am not happy?

If you feel unhappy about something we say or do we would like you to tell us.

We won't get angry and will try to do something about it as fast as we can.

You can ask your parent or social worker to help with this.

If you or your parent have a complaint:

Please contact our Safeguarding Lead on:
0300 303 5233 or **enquiry@psychologyassociates.org.uk**

To speak with someone at Ofsted call:
0300 123 1231

To contact someone at Children's Commissioner Team:
0800 528 0731



www.psychologyassociates.org.uk
0300 303 5233
enquiry@psychologyassociates.org.uk



Making a meaningful difference



A guide for children who have
been adopted

"The quality of the individualised support
provided by the agency is excellent"

Ofsted, March 2019



How can you help me?

Sometimes you might feel worried, scared or angry and it can be hard to understand why.

We can help you talk about hard things.

We can also help your parents understand what you are feeling.



What will happen when I come and see you?

You will come with your parent and if you want, they can stay with you the whole time.

We will ask about things you like and enjoy. We might talk about things that make you feel confused and worried.

We will tell you our ideas about what might help.

We will listen to your good ideas to. We will decide what to do together.



What if I don't want to talk?

You don't have to talk if you don't want to.

You can listen and play, but we would like to hear your ideas, so we hope you can tell us about them.

We can also play some games together and do some drawing.

We understand it can be hard talking about how you feel sometimes.

If I talk to you, will you tell everyone what I say?

Everything you say to us will be private and we won't tell anyone.

But if we are worried that you or someone else might get hurt we will have to tell someone to make sure you are all safe.

All adults have to do this to make sure you are kept safe.