

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 will always try to do something about it as fast as we can.

You can ask someone to help with this as well if you like.

If you or your parent have a complaint:

Please contact our Safeguarding Lead, Dr Cara Redmond, 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

Psychology Associates



Making a meaningful difference



**A guide for young people who
have been adopted**

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 and think about these difficult things.

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



What if I don't want to talk?

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

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

As part of our sessions we can think creatively about things that might help to make this easier for you.

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

What will happen when I come and see you?

You will come to your session with your parent/carer and you can decide whether you would like them to stay with you throughout.

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

We will explore this together and share ideas of what might help. This will be an opportunity to listen to your ideas as well.

We will decide what to do together.

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 everyone is safe.

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