

SUPPORT SERVICES

Child and Adolescent to Parent Violence and Abuse

Are you the parent/carer of a young person and struggling with their behaviour?

Conflict between a young person and their parent/carer is often a part of growing up. It's normal and healthy for children and young people to become angry or frustrated, but this should not result in violence or abuse against family members.

When that behaviour crosses the line into aggressive and harmful behaviours, it can be difficult to know where to turn.

It is not a parenting failure. It is not shameful. Support is available.

PEGS - Parental Education Growth Support

Open to any parent, carer or guardian experiencing Child to Parent Abuse, regardless of the age of their child (including those with adult offspring). Services (virtual drop in sessions, peer support group, Empowering Parents in Crisis (EPIC) sessions, access to one-to-one support with a dedicated practitioner). These are offered virtually to limit any boundaries. All services are specifically for parents however there is a network of partner services who specialise in child-focused support and PEGS can signpost or refer into these as necessary.

- www.pegssupport.co.uk - for online self-referral form and professional referral forms.
- Live chat available 9am to 3pm on weekdays.
- or get in touch at: hello@pegssupport.com

Capa First Response

Capa (Child or Adolescent to Parent Abuse) is a 'First Response' service to families and professionals impacted by a child using harmful and/or aggressive behaviours in the home, offering free or low cost support. For those with caring responsibility for a child under the age of 18 or for a young person up to the age of 25 years if there is a neurodiverse diagnosis including ASD, ADHD or a learning disability. Offering 1 to 1 sessions with trained practitioners, to create an action plan so that everyone feels safe at home, including siblings/extended family. Offering services to all regardless of location. As well as offering free consultations for professionals.

- www.capafirstresponse.org
- **For support get in touch at: info@capafirstresponse.org**

Family Lives

A confidential and free (from landlines and most mobiles) helpline service for families in England and Wales. Offering emotional support, information, advice and guidance on any aspect of parenting and family life. Provides you with space to talk and to help you explore your situation and identify the way forward.

- **Get in touch on 0808 800 2222 Mon- Fri 9am to 9pm. Weekends 10am to 3pm. If you don't get an answer first time please do try again.**
- **Alternatively email: askus@familylives.org.uk.**
- **or live chat at: www.familylives.org.uk between Mon-Fri 10.30am-9pm.**

FamilyLine

FamilyLine supporting family members over the age of 18, providing emotional support and practical guidance on family issues.

- **Get in touch by calling: 0808 802 6666 or Text: 07537 404 282 Mon-Fri, 9am to 9pm**
- **Alternatively email: familyline@family-action.org.uk**
- **or contact live chat at: www.family-action.org.uk**

Childline

Childline are there to listen and support children and young people with anything they want to talk about in confidence.

- **Calls are free to 0800 1111**
- **live chat or email in confidence via www.childline.org.uk/login**

Newbold Hope

Supporting parents and professionals to reduce violent and difficult behaviour in children and young people with a disability and/or an additional need. Entirely run by parents who have been through this with their own child. Offers free and helpful videos, articles and resources for professionals and families.

- www.newboldhope.com

YoungMinds

Mental health and well being advice and tools for young people under 25 and their parents/main carers. Parent helpline provides detailed advice, information, emotional support and signposting to empower them to be the best support they can be to the young person in their lives.

- **Parent helpline (free) 0808 802 5544. Mon-Fri 09.30am-4pm**
- **Live chat/email via www.youngminds.org.uk**

Other support services

For families living in Norfolk:

Leeway -specialist domestic abuse charity, supporting adults, children and young people. **For free, confidential and non-judgemental support contact 0300 561 0077**

Just One Norfolk - for advice and support on child development, emotional health, behaviour and much more! Visit www.justonenorfolk.nhs.uk or call on **0300 300 0123 Mon-Fri 8am-6pm. 9am-1pm Sat or Text: Parentline 07520 631590. Mon-Fri 8am-6pm, 9am-1pm Sat.**

Resources

- Practical guides and information for those experiencing abuse/violent behaviour from their child;
 - [Adolescent violence to parents \(cescp.org.uk\)](https://cescp.org.uk).
 - [When_your_Child_or_Adolescent_is_Violent_.pdf \(hubble-live-assets.s3.amazonaws.com\)](https://hubble-live-assets.s3.amazonaws.com/When_your_Child_or_Adolescent_is_Violent_.pdf).
 - [CAV_Resource.pdf \(hubble-live-assets.s3.amazonaws.com\)](https://hubble-live-assets.s3.amazonaws.com/CAV_Resource.pdf).
- Home Office Guidance (2016) **Information guide: adolescent to parent violence (safelives.org.uk)**.



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