



“I’m happy to have the space to talk about difficult things.”

Young Person



Emotional support for children and young people (under 18) where there has been a disclosure of sexual abuse or sexual assault, or where a professional believes sexual abuse is likely.

What is TIGER Light?

- Short-term intervention; usually 7-10 sessions. We are able to offer a longer-term intervention (up to 16 sessions) for more complex cases where needed
- Evidence & trauma-informed approach
- Co-designed intervention plan, led by young person
- Using coaching to re-empower young person

Support offered in North West London:

- 1:1 meetings for young person
- 1-2 sessions of direct work with parent/carers
- Professional collaboration with team around the child
- Advocacy
- Supported onward referrals

Find out more about TIGER Light:

T: 0207 790 4621

E: tigerservices@barnardos.org.uk

(Please note this is not a secure email address and should not be used for referrals)

Make a referral via Barnardo’s London point of contact called Listen and Link:

T: 0126 890 4228

E: londonlistenandlink@barnardos.org.uk

Online referral form

Tiger Light is part of Barnardo’s TIGER Services. TIGER stands for Trauma Informed Growth and Empowered Recovery; Barnardo’s unique evidence-based and evaluated trauma-informed approach. We also work with children, young people and their families where there are concerns around child sexual exploitation, harmful sexual behaviour or serious youth violence.

