



*“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 East 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](mailto: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](mailto: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.

