

Trauma Informed Growth and Empowered Recovery

TIGER

NORTH EAST LONDON

We offer emotional support for children and young people under 18 (up to 25 with Special Educational Needs) where there has been a disclosure of sexual abuse or sexual exploitation, or if a professional believes such abuse is likely.

What is TIGER?

- Short-term intervention, up to 10 sessions. We are able to offer longer-term intervention of up to 16 sessions
- Evidence & trauma-informed approach
- Co-designed intervention plan, led by the young person
- Using coaching to re-empower the young person

Support offered in North East London:

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

TIGER Service is part of **The North East London Sunrise Hub**, a child-centred and integrated approach to supporting the recovery of children and their families who have been affected by sexual abuse. Alongside 1-1 emotional wellbeing support provided by TIGER Service, young people can be offered holistic medical assessments at the Sunrise Hub clinic at Royal London Hospital.

To make a referral:

T 0208 227 3373 E bartshealth.sunrisehub@nhs.net



**"I'm happy to have the space to talk about things."
– Young Person**

We accept referrals from paediatricians, social workers, GPs, police and CAMHS