

## Trauma Informed Growth and Empowered Recovery

# TIGER

## SOUTH 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 15 sessions
- Evidence & trauma-informed approach
- Co-designed intervention plan, led by young person
- Using coaching to re-empower the young person

### Support offered in South East London:

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

**TIGER 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, or harmful sexual behaviour.

### Find out more:

**T 07519 294000 E [tigerservices@barnardos.org.uk](mailto:tigerservices@barnardos.org.uk)**



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

**We accept referrals from paediatricians, social workers, GPs, police and CAMHs.**

**To make a referral:**



**T 0126 890 4228**  
**E [londonspa@barnardos.org.uk](mailto:londonspa@barnardos.org.uk)**

[www.barnardos.org.uk/  
get-support/services/  
london-spa/tiger-referral](http://www.barnardos.org.uk/get-support/services/london-spa/tiger-referral)