



About us.

Hello. We are the Domestic Abuse Healing and Empowerment team.

We are a small group of trained professionals who work with young people (and adults too) in North Somerset. The young people we work with have seen or heard things that shouldn't have happened. We refer to these things to as domestic abuse.

Often domestic abuse has happened to someone the young person loves but it may have happened to them too. Because of what has happened, many of the young people who come to see us have strong feelings. These feelings may be anger or sadness, but there are lots of other emotions that are normal too.

They might feel unsafe or scared and have trouble with their focus, how they behave and they may feel anxious at times. There isn't a right way to feel when we have seen or heard domestic abuse.

When we meet with young people, we do all sorts of things. We often chat – led by the young person themselves – but we might also paint or draw. We might play a game. These things can help as they often allow us to be more open and be able to better explain our feelings.

We tend to see young people a few times. Sometimes their adult stays with them but we often meet with them on their own, especially after the first meeting.

If you are a young person that has seen, heard or experienced domestic abuse and might come to see us, we look forward to meeting you.

[family-action.org.uk](https://www.family-action.org.uk)

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