You can contact the DVAP children and young peoples service on this number
(01482) 396368

The following number is available
9am - 5pm Monday to Thursday
9am - 4.30pm on a Friday.

Email:
dvap.childrens.service@eastriding.gov.uk

If you need to talk to someone outside of these times you can call childline on
0800 11 11

On the net you can go on
www.thehideout.org.uk

IF YOU EVER FEEL IN DANGER ALWAYS DIAL 999
**What is the DVAP Children’s and Young People’s Service?**

We are a service offering support to anyone aged between 5 and 16 who has been affected by domestic violence.

**What can you do to help me?**

We know that everyone is different and we all deal with things in our own way. Your worker will talk to you about how we can best support you.

Some people feel a bit shy at first but we can take time to get to know you so you have someone to trust you can talk to.

Some people like to come and talk to someone about the different things they are feeling or thinking. Others like to get some advice about the situation.

Some people like to do art work as a way of expressing themselves or write things down.

It can be a confusing time and many young people also like to get support with their feelings of anger or changes in their behaviour. It can be quite common to feel out of control and having some support can help you to get things back on track.

Receiving support from a worker is your choice. You can always come back another time.