

the lighthouse



Information about the Lighthouse

Advice from other
parents

We asked parents what they wished they had known before coming to the Lighthouse, and what advice they would give to other parents coming to the service.

This is what they said...

"It seems so daunting when you get the disclosure, but it's amazing how much progress you can make with the tools the Lighthouse gives you."

"The lighthouse helped us find the inner strength that we weren't aware we had to cope."

"You're not alone, don't feel isolated, it happens a lot more than people think."

"All the people here have been empathetic."

"You definitely get out what you put in, the harder you work the more you get out of the Lighthouse."

"I felt ashamed but I don't now. It's a sad fact but sexual abuse happens a lot and there is no reason for the parents to feel embarrassed about it."

"We have never been judged."

"The leaflets from the assessment are painful to read but so valuable, it helps you feel less blame."

"We were given lots of tools from the Lighthouse to navigate very complex situations."

"Be kind to yourself after the session here, it can be exhausting and heart-breaking, give yourself time to digest."

"Therapy is not a quick fix, it might get worse before it gets better."

"The medical examination could not have been handled better."

"At times it can feel repetitive, but we now understand that things need to be said over and over and it actually helps you to deal with the environment at home."

"Please get help for yourself as well as your child. Your mental health and strength is important to your child."

"No matter how bad it is, you will not believe how much better you will feel in time!"

"Wherever possible give yourself breathing space after sessions at the Lighthouse before going back to work or getting on with your day."

"At times we wanted action but the staff wanted to talk, but a year later we understand why."

"Pure honesty is key! You definitely get out what you put in, the harder you work the more you get out."

Find out more at

www.thelighthouse-london.org.uk

Call us on

0808 169 8112

The Lighthouse

7-9 Greenland Place, London, NW1 0AP

All services are available by a booked appointment.

**The lighthouse is for children in
Barnet, Camden, Enfield, Haringey and Islington.**