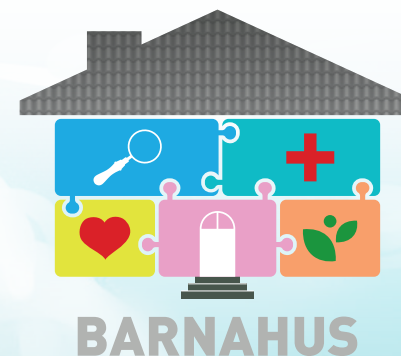


- We have a website www.barnahus.ie if you would like to find out more.
- We would like to know what you think of Barnahus.
- You can fill out a feedback form, or you and your caregiver can let us know at tellus@tusla.ie

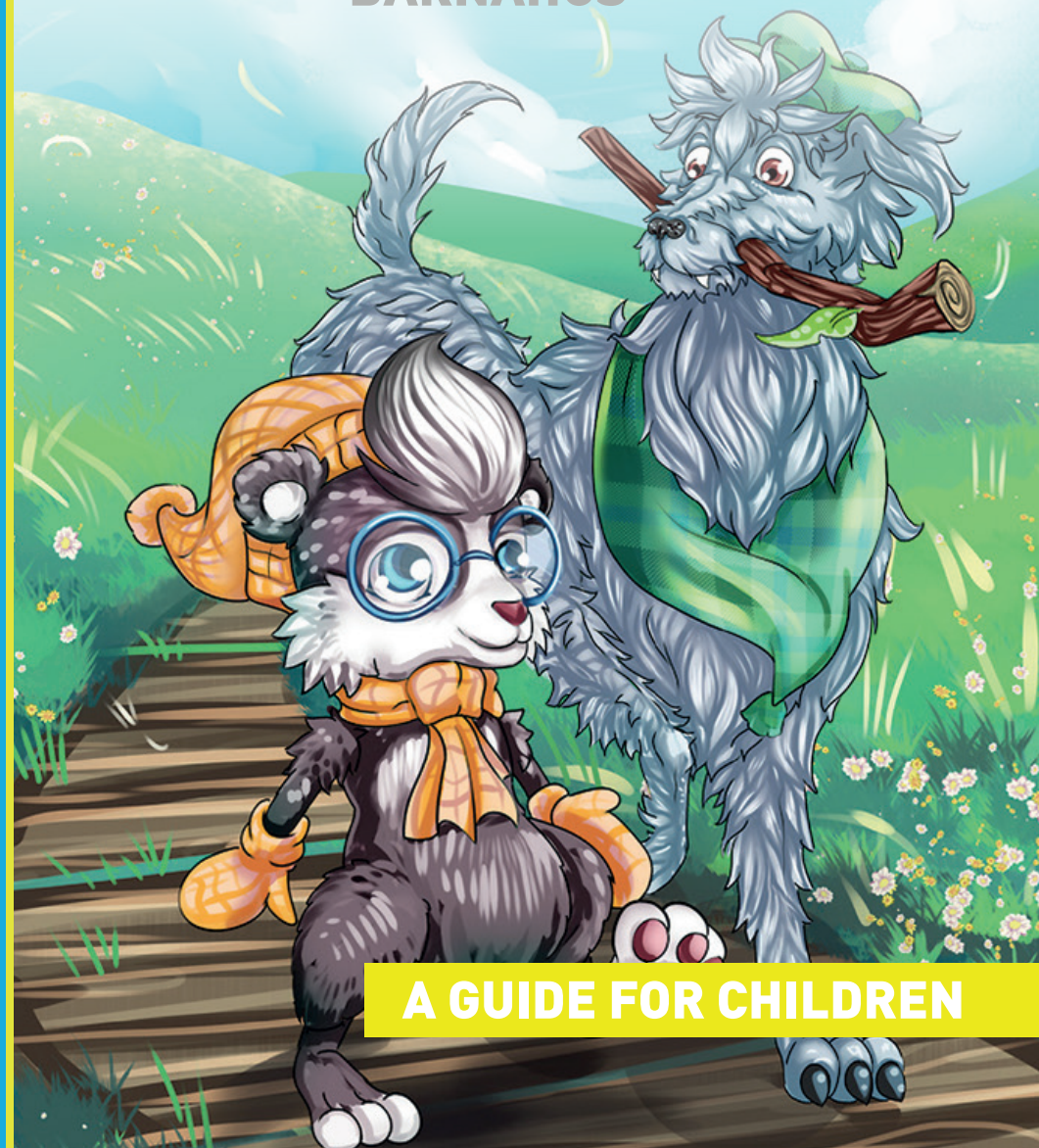
CONTACT US

Barnahus South: 021 4923302

Barnahus West: 087 4638779



BARNAHUS



A GUIDE FOR CHILDREN



With thanks to the Mayo Tusla Youth Advisory Committee for the creation of Seamus and Bobby.

BARNAHUS

We are a friendly team who work together. **We call ourselves the Barnahus team!**

If someone has hurt you, shown you something that upset you, or made you do something with your body that made you feel upset, it can be hard to talk about. **Remember, it's never your fault. At Barnahus, we can help you.**

Gathering important information...

When Gardaí think you may have been hurt, they will want to talk to your parents or carer about meeting you. Special Gardaí and Social Workers will talk to you to find out if you are worried about something. These special Gardaí meet with children all the time and they wear normal clothes. They will meet you in a safe place to talk so they can get to know you. They will ask you questions and listen to everything you have to say. **This will help the Gardaí do their job.**

Helping you feel better...

It is common to have lots of different feelings like sadness, anger and worry. It may seem scary but often talking to someone from the Barnahus team can help you to feel better. At Barnahus we talk to lots of children who have been hurt and we know how to listen to children. **If you want to meet with us, we are happy to spend time getting to know you.**



Health and well-being...

Sometimes you may need to see the doctor or nurse. This is to make sure that you are in good health. You will be checked by the doctor or nurse. They will help with any questions or worries you may have about your body. There will be drinks, toys and colouring books and plenty of time for you, and whoever comes with you, to relax and get to know the team. **We hope that a medical check-up will help you feel safe and well.**



Keeping you safe...

Tusla social workers need to make sure that you and other children are safe. To do this they will talk to you and your family and listen to everything that people say. **Together they will come up with a plan that will show everyone how to keep you safe.**



If you or your caregiver need an interpreter or signer, we will invite a suitable person to be with you.

