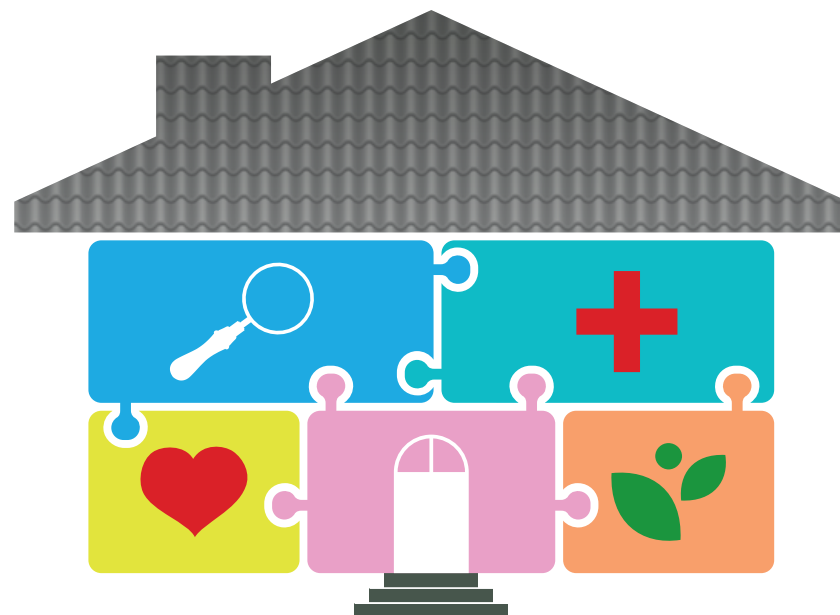


- We have a website [www.barnahus.ie](http://www.barnahus.ie) if you would like to find out more.
- We would like to know what you think of Barnahus.
- You can fill out a feedback form, or you and your caregiver can let us know at [tellus@tusla.ie](mailto:tellus@tusla.ie)

## CONTACT US

Barnahus South: 021 4923302

Barnahus West: 087 4638779



# BARNAHUS

**A GUIDE FOR YOUNG PEOPLE**

## BARNAHUS

**An interagency model, working towards better outcomes for children.**



Barnahus is a safe, friendly place where you can feel comfortable. We are a team of specially trained professionals who work together where sexual abuse is a concern. At Barnahus, we understand that sexual abuse can be difficult to talk about. It can make you feel afraid, isolated, or confused. Abuse is never your fault. At Barnahus, we can help you and we are here to listen.

At Barnahus, you can take things at your own pace and our friendly team will be there to guide you through every step of your journey.

### Gathering important information...

When you feel ready to talk, you will meet two specially trained interviewers. Gardaí and social workers are both responsible for interviewing children and young people. They are experienced in asking questions and helping young people talk about what may have happened to them. **They will listen to you and help gather the best evidence for your case should it go to Court.**



### Helping you feel better...

During this time, it is common for young people to feel overcome by emotions such as anger, sadness and worry. At Barnahus we meet with lots of young people who have had similar experiences. They often find that speaking with someone can help them to feel better. **If you want to meet with us, we are happy to spend time listening and getting to know you.**



### Health and well-being...

Sometimes you may need to see the doctor or nurse. It is your choice if you want to see them by yourself or with your parent or carer. Many children and young people find a check-up helpful and reassuring. It is up to you if you wish to be examined. You can choose to have part of an examination instead of a full check-up. The doctor or nurse will help with any questions or worries you may have about your body. There will be 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.**



### Social work...

Tusla social workers work with children and young people, and their families when there is a worry that a child or young person has been harmed, is not being well cared for or may not be safe. It is important that children, young people and adults have an opportunity to talk about their worries and what they would like to see happen to keep them safe. **After speaking with you and the important people in your life a social worker will come up with a plan to keep you and other children safe.**



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