

Think about ...

Family

Problems



she has started hitting us. Who do I tell?

At first it was difficult getting used to my new family But things are better now.

I never knew when he was going to lose it

My parents are never there. I don't feel important.

They act like everything's OK when it isn't.

There are many different kinds of families. Children can live with two parents or a single parent. Some children live with a relative,

foster family, adoptive family, or in a step-family. A family is more than a group of people who live at the same address. It should

be a source of love, support and encouragement. This does not mean that everyone gets on all the time.

Rows and arguments are a part of family life and everyone experiences them

Families can experience problems such as an illness, bereavement, disability, alcohol and drug addiction, job loss, relationship problems and domestic violence. A family problem might mean you feel

you're not getting the support you need at home.

Listening to each other and working together to resolve problems are important in strengthening a family

but there are times when family problems can be too difficult to deal with. If you can't speak to a parent or a close relative about what's going on at home make an appointment to see your school counsellor.

Sources of Support

Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Domestic Violence Helpline
(24 hours) 0800 917 1414

Relate NI 028 9032 3454

Useful Websites:

www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/family-and-relationships/abusive-relationships.htm - gives advice on abusive relationships

www.thehideout.org.uk - support and information for anyone experiencing domestic abuse

www.relate.org.uk - information about support services

www.bbc.co.uk/radio1/advice/factfile_az/domestic_violence - advice about Domestic Violence

www.childline.org.uk/Explore/HomeFamilies/Pages/FamilyRelationships.aspx - advice and information on family problems