

NSPCC

Seeking Solutions

Information for parents and carers



CONFIDENTIAL SUPPORT FOR CHILDREN AND
YOUNG PEOPLE ON WHAT MATTERS TO THEM

EVERY CHILDHOOD IS WORTH FIGHTING FOR

What is Seeking Solutions?



Seeking Solutions offers children and young people help and support to deal with problems that are affecting their life, happiness or wellbeing. The service is led by the young person, working alongside their support network, where possible, to improve their confidence, skills and strengths, so they are better prepared to cope with any future problems.

How it works

Seeking Solutions helps your child to set their own goal(s) for the future. During the sessions, we'll help them work out how they can achieve their goal(s) by:

- talking about what they want to change in their life
- helping them to work out what needs to happen to make things better
- giving them control over the support they receive, including where and when the sessions will happen
- working out if they would like anyone to help or support them during the sessions.

What can Seeking Solutions help with?

It can help your child address a range of problems which could be affecting their life, including:

- problems with relationships
- peer pressure, bullying or problems with friends
- family issues
- coping with feelings like anger, sadness or rejection
- low self-confidence
- issues at school
- personal safety
- coping with stress
- managing anxiety.

Who can use this service?

- Seeking Solutions is for children between 7 and 18 years. Your child can be referred up to their 19th birthday.
- Children and young people living with their parents.
- Children in care or children who live with a foster family or guardian that isn't their birth parents.

Is it confidential?

Seeking Solutions offers a confidential service to children and young people. This means that what your child talks about in their sessions will not be shared with others without your child's consent, unless it becomes apparent that either your child or someone else is at risk. If this happens, we would need to take steps to address it. We would always explain to your child why we needed to share the information.

Can I attend sessions with my child?

The Seeking Solutions practitioner will talk with your child at the start of the work about who, if anyone, they would want to involve in the support they receive. This might include:

- having their parent, carer or person they trust attending sessions with them

- talking with the young person's parent, carer or person they trust about how the work is going out of the sessions
- providing one-to-one sessions with your child.

Support for you

The Seeking Solutions practitioner can offer support to you and your child together to work on shared goals. The practitioner can also offer you individual sessions to help you support your child during the work.

How do I refer my child to this service?

You can contact your local NSPCC service centre directly or you can ask someone you know to contact the NSPCC for you.

Your nearest service centre:





Our aim is to keep every child safe.

Together we can help children who've been abused to rebuild their lives. Together we can protect children at risk. And, together, we can find the best ways of preventing child abuse from ever happening.

We change the law. We visit schools across the country, helping children understand what abuse is. And, through our Childline service, we give young people a voice when no one else will listen.

But all this is only possible with public support. Every pound you raise, every petition you sign, every minute of your time, will help make sure we can fight for every childhood.

nspcc.org.uk

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