



“I’m happy to have the space to talk about difficult things.”

Young Person

TIGER

Trauma Informed Growth and Empowered Recovery

Emotional support for children and young people under 18 or up to 25 with SEN where there has been a disclosure of sexual abuse or sexual assault, or where a professional believes sexual abuse is likely.

What is TIGER?

- Short-term intervention; up to 15 sessions
- Evidence & trauma-informed approach
- Co-designed intervention plan, led by young person
- Using coaching to re-empower young person

Support offered in South East London:

- 1:1 meetings for young person
- 1-2 sessions of direct work with parent/carers
- Professional collaboration with team around the child
- Awareness raising sessions for professionals

Find out more about TIGER:

T: 07519 294000

E: tigerservices@barnardos.org.uk

(Please note this is not a secure email address and should not be used for referrals)

Make a referral

<https://www.barnardos.org.uk/get-support/services/london-spa/tiger-referral>

TIGER is part of Barnardo’s TIGER Services. TIGER stands for Trauma Informed Growth and Empowered Recovery; Barnardo’s unique evidence-based and evaluated trauma-informed approach. We also work with children, young people and their families where there are concerns around child sexual exploitation, or harmful sexual behaviour.

South East London
Integrated Care System

NHS
South East London

Believe in children
Barnardo’s

TIGER
Trauma Informed Growth and Empowered Recovery

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