

Community Mental Health and Wellbeing

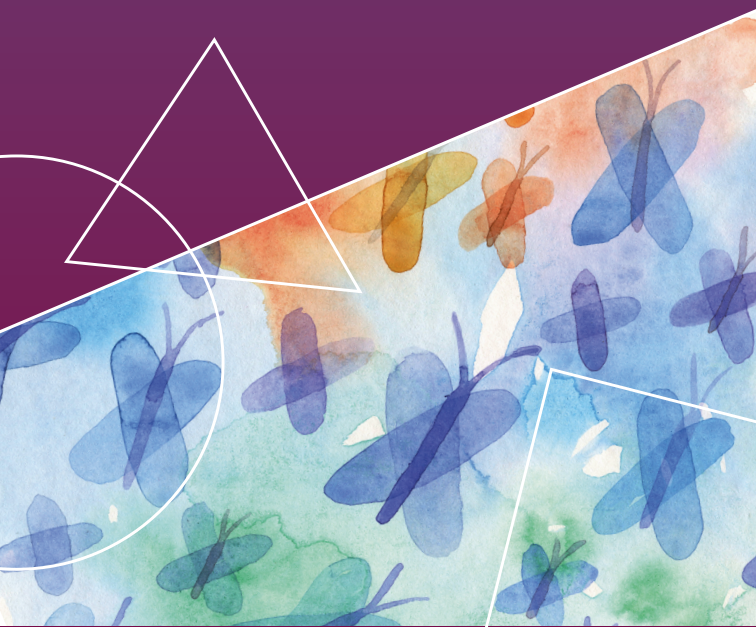
Family Violence Counselling and Support Service

Children and Young
Persons Program (CHYPP)

North (03) 6777 2290

South (03) 6166 0444

North West (03) 6477 7599





Children and Young Persons Program

- CHYPP is a free service that provides therapeutic counselling and support for children and young people who have experienced family violence
- Hours are 9am until 5pm Monday to Friday
- CHYPP provides services for children and young people aged 0 to 18 years
- CHYPP are located in Hobart, Launceston and Burnie and may offer outreach where required
- Children and young people are at the centre of all interventions offered
- Group programs may be available if it is deemed appropriate for your child's therapeutic support

Confidentiality

Information provided to CHYPP is treated confidentially but there are limits to confidentiality.

CHYPP will discuss this confidentiality with parents, children and young people in the first appointment with a counsellor.



What is Family Violence?

Family Violence is an offence committed by a person against their spouse, partner or ex-partner

Family Violence includes:


- Verbal abuse
- Physical abuse
- Emotional abuse (put downs, manipulation, isolation)
- Coercive control
- Technology related abuse
- Financial abuse
- Sexual assault
- Assaulting a pregnant woman
- Threats of violence, stalking, coercion and intimidation
- Contravening a Family Violence Order (FVO) or a Police Family Violence Order (PFVO)



The trauma of experiencing family violence can impact children and young people in different ways:

- Living with constant tension and fear
- Feeling responsible for the physical and emotional safety of the abused parent and /or siblings
- Low sense of self-worth and self-esteem
- Feelings of shame, distrust, sadness, anger and loneliness
- Anxieties, worries and fearfulness
- Thinking that violence is a normal part of relationships
- Problems with sleeping, eating, toileting, bed-wetting, headaches and stomach-aches
- Difficulties at school

CHYPP can help children and young people process trauma associated with family violence through therapeutic intervention and support.



CHYPP can help children, young people and their care-givers with support to address family violence trauma in a child centred manner

Therapeutic interventions may include:

- Trauma informed therapy
- Evidence based therapeutic counselling
- Play therapy
- Art and creative therapies
- Writing and story activities
- Sand Play and symbol therapy
- Group Work
- CHYPP provides psychological assessment related to the impacts of family violence trauma.
- CHYPP also provides caregiver support for parenting after family violence.

Useful Phone Numbers

Family Violence Counselling and Support Service: Free Call 1800 608 122

Strong Families, Safe Kids, Advice and Referral Service: Free Call 1800 000 123

Kids Help Line 1800 55 1800

Suicide call back service 1300 659 467

1800RESPECT 1800 737 732

Lifeline 13 11 14

Tasmania Police Emergency 000
or Non-Emergency 13 14 44



Head Space
Northwest 6424 2144
North 6335 3100
South 6231 2927



Interpreter services
131 450



FVCSS acknowledge and pay respect to the Tasmanian Aboriginal people as the traditional and original owners and continuing custodians of this land: we acknowledge Elders-past and present.



FVCSS is committed to embracing diversity and eliminating all forms of discrimination in the delivery of our service. FVCSS welcomes as a program within Department of Health all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender diversity.

