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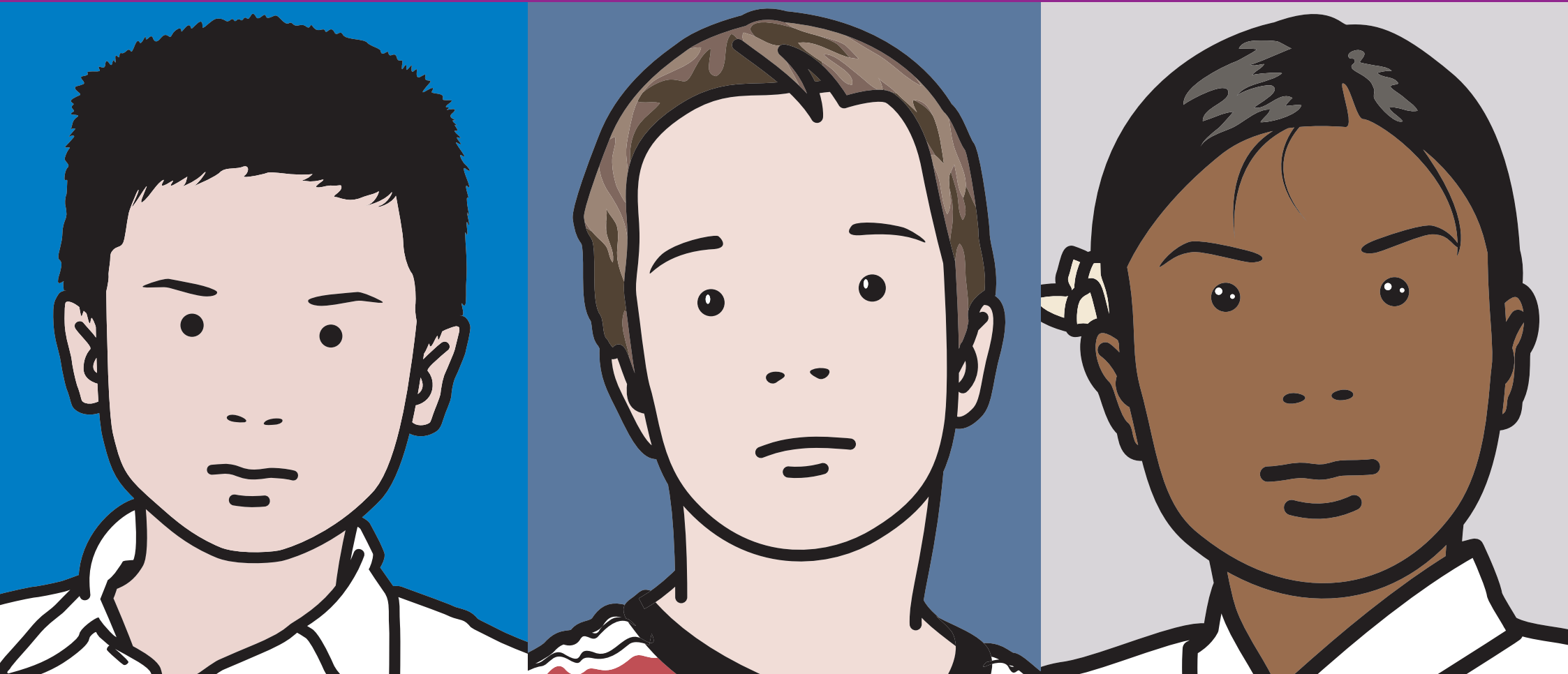
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Are you
OK?



You

If you've been hurt, attacked, bullied or had something stolen, you may be absolutely fine, or you might feel angry, frightened, upset or guilty.

Crime takes many forms and everyone reacts differently. You might feel sick, stressed out, find it hard to eat or sleep, be worried about going out or find it difficult to concentrate at school.

These feelings are quite normal and talking about them to people you're close to can make you feel better. But sometimes talking about your feelings to someone you know can be really difficult, so it can help to talk to someone else who understands how crime affects young people. Some young people also worry that adults might blame them for what happened and for not being careful enough. We won't do that – we know that victims aren't to blame for crime. You've already had a bad time, we're here to try and make things easier for you.

Whatever you're feeling, being a victim of crime is not your fault. You are entitled to have the support and help you need to feel better about what has happened to you.

Us

Victim Support is a charity for anyone affected by crime. We are independent; not part of the police or government. We have offices all over the country and help over a million people every year.

Thousands of people work for us as volunteers in their spare time. They are trained to make sure that people like you get the information, help and support you need. It won't cost you anything to get our help and it's confidential.

OK?

One of our volunteers can listen and support you in confidence, either at home, in our office or on the phone. They won't pass on what you say to anyone else without your permission, unless you are in danger from someone - and even then we

wouldn't do anything without talking it over with you first.

You don't have to report the crime to the police to come to us. That's up to you. If you do decide you want to tell the police what happened to you, we can come to the police station with you. We can also help you to talk to other people, like your teacher or parent if you want. If the case goes to court we can support you there too.

Now

You can contact us on www.victimsupport.org, phone your local Victim Support branch or Victim Supportline on 0845 30 30 900 for more information. The Supportline can also put you in touch with your local branch.

If one of your friends has been a victim of crime please tell them about us or give them this leaflet. You'll be doing them a favour.