

Gateshead Youth Offending Team

Have you been a victim of crime?

Anyone can be a victim of crime

If you have been a victim of crime you may be struggling to come to terms with what has happened. Gateshead Youth Offending Team works with colleagues in health and Victim Support to help support you through this difficult time.

Being a victim of crime can be a frightening time for anyone. It is important that you get extra support through schools, community projects, your GP and/or family members so that you know there is someone you can talk to and get advice from.

Dealing with crime is a very difficult thing and you may feel uncomfortable talking to a parent or family member. This is where we can help. We can support you through the process. It doesn't matter what happened or how long ago it was, we can still give you the support and help that you need.

When things seem too much

It is not uncommon to feel upset after being a victim of crime. Often victims can suffer from disturbed sleep or have a reduced appetite. You may also find yourself:

- Crying more than usual
- Feeling snappy and irritable
- Not wanting to see friends/socialise
- Feeling panicky
- Drinking more alcohol than usual

If you experience any of these symptoms or are experiencing anything else that is out of character for you, you may need additional help.

Useful contacts who can help

There are a range of contacts in Gateshead and nationally who you can go to for help.

Your GP

It may be helpful to make an appointment with your GP to discuss support that may be available at the health centre. You can go on your own or ask a relative or friend to go with you.

NHS Direct

NHS Direct can offer help and advice 24 hours a day, 7 days a week on 0845 4647.

Youth Access

If you are under 18 and feeling at a loss, there are additional services especially for you. In Gateshead, Youth Access are available on 0191 490 1999, or go to their website at www.youthaccess.org.uk

Get Connected

Get Connected are a national organisation who offer support. Visit their website www.getconnected.org.uk or ring on 0808 808 490.

Young Minds

If you think a parent or carer may need help in supporting you, Young Minds on 0808 802 5544 will offer advice or send out information packs.

Victim Support

Victim Support is an independent national charity that supports people after they've been a victim of crime, or have witnessed a crime. They give practical and emotional help and their witness service can support you throughout a trial if you have to give evidence in court. You can get help and support for as long as you need it, regardless of how long ago it happened or how serious it was.

If you report a crime to the police, victim support should automatically receive your contact details from them. But they are not part of the police and you don't have to report a crime to get help from Victim Support.

There is a link among young people between offending and becoming a victim of crime, and that some young people may experience both of these things. Victim Support understands this and they won't discriminate against anyone.

If you've been a victim or a witness, or if one of your friends or family has, you can call Victim Support, the service is free and confidential.

In Gateshead there is a team of friendly, professional people who are ready to give you the support you need. If you would like more information, please visit the Victim Support website designed specifically for children and young people: www.are-you-ok.org.uk/

Contact

Victim Support Gateshead branch

Swinburne House, Swinburne Street, Gateshead NE8 1AXTel: 0191 477 8395

Victim Care Unit

Tel: 0845 277 0977

Victim Support line (national helpline)

Tel: 00845 30 30 900

Working together to support victims of crime in Gateshead



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Northumberland, Tyne and Wear 
NHS.uk/northumbria-trust

