

Think about ...



# Family Problems

she has started hitting us. Who do I tell?

I never knew when he was going to lose it

At first it was difficult getting used to my new family .... But things are better now.

My parents are never there. I don't feel important.

**They act like everything's OK when it isn't.**

Think about ...

# Family

# Problems



There are many different kinds of families. Children can live with two parents or a single parent. Some children live with a relative, foster family, adoptive family, or in a step-family. A family is more than a group of people who live at the same address. It should be a source of love,

support and encouragement. This does not mean that everyone gets on all the time.

Rows and arguments are a part of family life and everyone experiences them

Families can experience problems such as an illness, bereavement, disability, alcohol and drug addiction, job loss, relationship problems and domestic violence. A family problem might mean you feel you're

not getting the support you need at home.

Listening to each other and working together to resolve problems are important in strengthening a family but there are times when

family problems can be too difficult to deal with. If you can't speak to a parent or a close relative about what's going on at home make an appointment to see your school counsellor.

## Sources of Support

### Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Domestic Violence Helpline  
(24 hours) 0800 917 1414

Relate NI 028 9032 3454

### Useful Websites:

[www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/family-and-relationships/abusive-relationships.htm](http://www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/family-and-relationships/abusive-relationships.htm) - gives advice on abusive relationships

[www.thehideout.org.uk](http://www.thehideout.org.uk) - support and information for anyone experiencing domestic abuse

[www.relate.org.uk](http://www.relate.org.uk) - information about support services

[www.bbc.co.uk/radio1/advice/factfile\\_az/domestic\\_violence](http://www.bbc.co.uk/radio1/advice/factfile_az/domestic_violence) - advice about Domestic Violence

[www.childline.org.uk/Explore/HomeFamilies/Pages/FamilyRelationships.aspx](http://www.childline.org.uk/Explore/HomeFamilies/Pages/FamilyRelationships.aspx) - advice and information on family problems