

## ARE YOU A CHILD OR YOUTH WHO IS EXPERIENCING ABUSE?

Welcome to Out of the Storm, we're glad you found your way here and we hope we can point you toward the help that you need. This online forum is for adults who experienced abuse/neglect as children. We're here because we didn't get the help we needed as children for something that was not our fault and that we had little control over - being abused and/or neglected.

We hope that you will not wait and reach out and find the help that you need instead. You deserve to be loved and feel safe in this world.

We understand the stress of not telling anyone about being abused/neglected and the fear of anyone finding out. And because we do, we want you to know there are many good, safe people who are willing and able to help. But, you must reach out. Telling a safe adult will mean you don't have to suffer in silence and just put up with things as they are. There are kids' helplines around the world that are staffed by trained and caring adults.

**Child Helpline International** is a network of 192 independent child helplines in 145 countries. If you are in an abusive situation and don't know where to turn, you can find the number of a helpline in your country here:

<http://www.childhelplineinternational.org/where-we-work>

If you're not certain what abuse is or what to do, have a look at the following articles at the Kid's Health web site:

- *What is Abuse?* <http://kidshealth.org/en/teens/family-abuse.html#cat110>
- *How to Handle Abuse*  
[http://kidshealth.org/kid/feeling/emotion/handle\\_abuse.html](http://kidshealth.org/kid/feeling/emotion/handle_abuse.html)

**Please telephone, you don't need to be alone any more**