



Telling people what you think and feel is important Try and find someone you can talk to

If you can't talk to your mum or dad you could try talking to a brother or sister, a grandparent or relative, a teacher at school or a special friend.
If it's hard to say things use this leaflet to help you.

If that doesn't work there are other people who will listen.

Childline is a confidential, free helpline for all children and young people.
Call free on 0800 1111 or write to: Childline, Freepost 111 LONDON N1 0BR



Central office contact details:

Ormiston Children & Families Trust
Central Office
333 Felixstowe Road
Ipswich
IP3 9BU

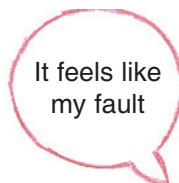
T: 01473 724517
F: 01473 274255
E: enquiries@ormiston.org

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A photocopying pack for the complete leaflet series of My Dad's/Mum's in Prison is available from the address opposite, or download them free from www.ormiston.org
Leaflets are free to families.

 www.ormiston.org
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**My mum's in prison
...and I need to talk**

What do you feel?

You can feel lots of different things when your mum is in prison...
Put a circle round the ones that you have felt or write some of your own

different

guilty

happy

upset

angry

lonely

confused

sad

ignored

embarrassed

ashamed

worried

safe

Write or draw what you think

Everything is
a mess

Nobody
cares

Try to tell someone what you think

What do you want to talk about?

I want to see
my mum

I want to
know what's
going on

Try to tell someone what you would like to happen