

I want someone
to listen

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

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These can be downloaded free from www.ormiston.org

Leaflets are free to families

Price: £4.00 per set, OR

A photocopying pack for the complete leaflet series of

My Dad's/Mum's in Prison is available from the address below

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No-one
understands

It's not fair

My mum's in prison
...and I need to talk

It feels like
my fault

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

What do you feel?

different guilty happy upset confused

angry ignored lonely embarrassed ashamed

sad worried safe

Write or draw what you think

Nobody cares

Try to tell someone what you think

Everything is
a mess

What do you want to talk about?

I want to know
what's going on

Try to tell someone what you would like to happen

I want to see
my mum