

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](http://www.ormiston.org)

Leaflets are free to families

Price: £4.00 per set, OR

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

A photocopying pack for the complete leaflet series of

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No-one  
understands

It's not fair

It feels like  
my fault

**My dad's in prison  
...and I need to talk**

You can feel lots of different things when your dad 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 dad