

# COMMUNITY HIDDEN HARM AWARENESS TEAM

**The Community Hidden Harm Awareness Team (CHHAT) is a project of The Children's Society East, working with young carers across Essex aged 8-19 years who are affected by parental substance use (also known as Hidden Harm).**

Prior to working with CHHAT many young carers are hidden within society not accessing the support they need and deserve. Our work involves supporting these young carers in a variety of ways, to help them understand Hidden Harm, and begin to notice and express their feelings surrounding their individual experiences, building resilience and improving emotional wellbeing and safety.

The type of support we offer is determined following our assessment including:

- \* One to one support
- \* Group work
- \* Activity days
- \* Liaising with professionals

We provide access to information, early intervention, prevention and mentoring support to enable the young people to develop greater confidence and self-esteem.

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## Confidentiality

CHHAT aims to offer all clients a confidential service. This means that we do not share the information that you have told us without there being a necessary need to do so or without your prior consent.

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## Information sharing

This service is signed up to The Whole Essex Information Sharing Framework which includes members from a range of agencies. Further information can be found at [www.dnn.essex.gov.uk/weisf/en-gb/forums.aspx](http://www.dnn.essex.gov.uk/weisf/en-gb/forums.aspx)

We will share information relevant to safeguarding as necessary and as allowed by legislation.