



Sally's story

Sally's mum left home a year ago to move in with her new partner. She lives with her dad and sees her mum every few weekends.

I was shocked and hurt when my mum told me she was leaving. They both kept trying to get me to open up and tell them how I was feeling. I couldn't talk to them, though so I'd just listen to music in my room and that made me feel better. I talked to one of my friends when I felt I needed to, but I get sick of thinking about it. I'm doing exams at school so it's time to move on and think about me and my future instead.


familymediation