

The counselling helpline is open at the following times:

Monday 4pm to 7:30pm

Tuesday 4pm to 7:30pm

Thursday 10am to 1pm

Friday 10am to 1pm

Saturday 10am to 1pm

At other times you may leave a message and a support worker will call you back. The counselling helpline number is:

(0115) 941 0440

Outside of these hours you can phone the 24hr sexual and domestic violence helpline on: 0808 800 0340

COUNSELLING SERVICE

Counselling offers a safe and non-judgemental environment in which you can express and explore your thoughts and feelings in a way that may not be possible with family or friends.

We provide our free face-to-face counselling service to anyone aged 13+. The service is provided by trained counsellors and provides a safe and non-judgemental environment in which you can explore the impact of any form of sexual assault or abuse.

GROUP SUPPORT

Our 'Beyond Survival' support group is an 8 week course for anyone, aged 18 and above, who has experienced any kind of sexual violence. Group aims are to gain self-acceptance, build trust in self and others, to experience a more fulfilling life and to meet fellow survivors. This service is available to survivors who have already accessed other therapeutic support with us.