

Counselling for adult survivors of child sexual exploitation

Counselling is a talking therapy which can help people in lots of different situations.

Our counsellors use a variety of therapeutic approaches, carefully matched to your individual needs.

We use a compassion-based, trauma-informed approach focussed on making a positive difference to your life.



**"Their gentle,
coaching
approach helps
you to better
understand
yourself."**

Counselling benefits

- Enhance your self esteem.
- Help you manage stress and anxiety.
- Help you manage difficult emotions.
- Support the resolution of conflict in relationships.
- Promote your self awareness.
- Reduce feelings of shame or self-blame.

What to expect

Our sessions offer a safe, confidential, and non-judgmental space where you can explore your experiences at your own pace with a specially trained counsellor who has expertise in exploitation.

Counselling aims

To help you feel better and find a way to cope with, and manage difficult situations.

How to get in touch



Online

Visit our website and complete a referral form.



Telephone

Call our Counselling Administrator, Bilinc on **07985 346635**, and leave your details to complete a referral.