



## **Information Sheet: Services for Adult Survivors of Sexual Abuse [Lloyds Bank Foundation project]**

Community Counselling and Survive have been funded by Lloyds Bank Foundation to provide a range of services for adult survivors of sexual abuse living in Ryedale.

This is a three-year project (ending 2022).

### **Who can access the services?**

Adults (aged 18 and over) who have been either directly or indirectly affected by sexual violence (including parents/carers/friends/family members) who would like emotional or psychological support or specific information about sexual violence can access the services provided by Community Counselling and Survive.

### **What Survive provides**

Survive offers non-judgmental and confidential support via either face-to-face or telephone appointments on a monthly basis. The focus of this work is to help survivors deal with the impacts of sexualised trauma and to improve their wellbeing by means of:

- providing a safe place to talk;
- psychoeducation about sexualised trauma;
- suggesting new coping mechanisms;
- providing grounding techniques;
- signposting for advocacy/practice/financial support;
- providing information about reporting options/anonymous reporting.

## What Community Counselling provides

Community Counselling offers clients longer-term counselling and EMDR treatment [Eye Movement Desensitisation and Reprocessing is a NICE-approved treatment for Post-traumatic Stress Disorder] where appropriate.

## How to access the services

Clients can be referred by any statutory or voluntary agency or can self-refer themselves to the project. To make a referral/self-refer please contact:

**Survive** on **01904 638 813** or by email at [MikiW@survive-northyorks.org.uk](mailto:MikiW@survive-northyorks.org.uk)

**Community Counselling** using the contact details at the bottom of this sheet.

## Q&A

### *1. What happens after the referral?*

Depending on whether you have been referred to Survive or to Community Counselling, you will be contacted by Yasmin Bertucci from Survive or a member of the Community Counselling Admin Team to arrange an initial appointment.

### *2. Can I bring someone with me to the appointments?*

Yes, but only for the initial appointment.

### *3. Can I access services provide by both organisations?*

Yes you can.

In order to comply with GDPR (Data Protection legislation) you will be asked to sign a consent form so that one organisation can share information about you with the other such as your name, address, and contact details.