

Support for Parents/Carers

If your child, or a child you care for, has been sexually abused you will be struggling with a whole range of emotions.

These include shock, repulsion, anger, bewilderment and guilt.

You will be worried how your child will be affected and whether your lives will ever be normal again.

If the abuser is within the family, or is known to you, you will also have to face the practical and emotional effects this will have on your family life.

Axis is here to help parents and carers too.

Through Axis LINK counselling we can help you manage your own feelings so that you are better able to help your child overcome the trauma.

Call us now to find out more about the service we offer.



**Counselling
& psychotherapy**

Sexual Violence Services

SHREWSBURY
Fletcher House
15 College Hill
Shrewsbury
SY11LY
01743 357777

TELFORD
The Glebe Centre
Glebe Street
Wellington
Telford
TF1 1JP
01952 278000

www.axiscounselling.org.uk

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**Counselling
& psychotherapy**

Sexual Violence Services

Support for Partners & Family



AXIS

LINK

A CONFIDENTIAL SERVICE

**For survivors of childhood sexual abuse,
rape and sexual violence**

Telephone 01743 357777 or 01952 278000

Survivor relationships

Those who have a significant relationship with a survivor often suffer difficulties in their relationship.

The difficulties occur due to the survivor's lack of trust and fear of intimacy.

Those close to the survivor find it difficult to understand why their loved one suffers from:

- Depression
- Rage
- Anger
- Self-destructive behaviour
- Suicide threats

Survivors may have kept the abuse experience to themselves because they feel guilt or shame, and some may never tell.

Your role

You are an important part of your partner's therapy and recovery.

You can help her/ him by

- **Accepting and respecting their need to talk /be silent.**
- **Not making judgements**
- **Understanding there may be mood swings**
- **Understanding there may be changes in sexual relationships for a time**
- **Understanding changes in usual patterns of behaviour**
- **Realising there may be disruption to social and family life.**

All these things can be difficult to understand. Axis LINK can help YOU.

However, this is a two-way process and your partner needs to understand how you may feel and acknowledge that it is a hard time for you too.

We would encourage the survivor to have a one-off joint session with you if you so wish.

The survivor's own counsellor will address how you are feeling too.

Sessions are confidential and you would not share the same counsellor.

Your feelings

You may be experiencing a mixture of feelings at the moment – some feelings can be difficult to handle and even confusing. As a result of this you may possibly feel one or more of the following:-

- Anxiety
- Anger
- Isolation
- Feeling trapped
- Feeling useless
- Confusion

This is normal

Axis LINK can help you in managing these feelings. Counselling can give you some space to discuss your feelings and worries and help you gain some insight and understanding.