



ISVA SERVICE

Having experienced sexual violence you may experience a wide range of emotions and reactions and be unsure or uncertain where to turn. You do not have to cope with this alone. Axis has an independent sexual violence advisor (ISVA) team who are trained to help and support you in any decisions you need to make.

“ *My ISVA was a very kind and helpful person who showed me the way forward* ”

ISVAs are independent support workers who are entirely focussed on you and enable you to access those services you may need following the trauma you have experienced. They work with you to identify your needs and any risks, and put together a support plan to help you.

They can give impartial information and guidance on a range of practical areas such as health, safety, employment, education, finances and housing. If you decide to make a report to the police, they will also support you throughout your journey through a police investigation and any court process.

What happens next is entirely your decision. Our **ISVA** team will be guided by your wishes.

HOW TO CONTACT US IN CONFIDENCE

By Phone

Shrewsbury Office
01743 357777

Telford Office
01952 278000

By Email info@axiscounselling.org.uk

Or visit our website www.axiscounselling.org.uk

By Post

Shrewsbury Office
Fletcher House
15 College Hill
Shrewsbury
Shropshire
SY1 1LY

Telford Office
The Glebe Centre
Glebe Street
Wellington
Telford
TF1 1JP



YOUR TURNING POINT



COUNSELLING SUPPORT
a free, confidential
and independent service

USEFUL CONTACTS:

The Survivors Trust 01788 550554 www.thesurvivorstrust.org

NSPCC 0808 800 5000 www.nspcc.org.uk

Childline 0800 1111 www.childline.org.uk

Samaritans 116 123 www.samaritans.org.uk

NAPAC 0808 801 0331 www.napac.org.uk

POLICE 999 or non-emergency 101

AXIS IS SUPPORTED BY:



and by private donations. To make a donation go to www.axiscounselling.org.uk/supporting-us/donate

For women, men, young people and children (aged 11 upwards) who have experienced non-recent (historic) childhood sexual, physical and emotional abuse; any form of sexual assault, sexual violence, sexual exploitation or rape.

Axis is an independent charity operating within Shropshire, Telford and Wrekin and the immediate surrounding area. Our team of qualified and experienced counsellors are skilled at working with survivors of all types of sexual abuse and sexual violence.

Make Axis your turning point,
take back control of your life
www.axiscounselling.org.uk

Axis Counselling is a charitable company limited by guarantee
Registered Charity 1074830 Company Registration 3224552

Providing one-to-one support for over **25 YEARS**

AXIS COUNSELLING

For over 25 years Axis has been providing support to survivors of all types of sexual abuse. Our one to one counselling service provides a safe, secure and confidential place where you will be listened to in a respectful and non-judgmental way.

“ I would have been in a very different place right now if I had not received this support ”

Our counsellors will deliver a planned programme of one to one counselling sessions that will help you understand more about your own situation, how and why this is impacting on your life and give you the tools to be better able to cope.

Axis can also signpost you to other appropriate agencies that can help you with a range of other aspects that may also be affecting you.

Taking that first step towards recovery takes courage and Axis is here to support you in that process.

“ Thank you for all your help and advice, it has helped me overcome my demons ”

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CHILDHOOD SEXUAL ABUSE

Childhood sexual abuse can take many forms and can happen to anyone. It can be perpetrated by men, women and even other children.

Children naturally trust adults but when that trust is betrayed it can leave children confused and upset. Victims of childhood sexual abuse can often experience difficulties and problems as adults in later life.

“ I can now talk about the abuse after 30 years of keeping it to myself ”

RAPE AND SEXUAL VIOLENCE

Rape and sexual assault can happen to anybody, male or female, and can affect people in many different ways. If you have been a victim of rape or sexual assault you may be experiencing a wide range of emotions and reactions that can naturally be very upsetting. This is quite normal for someone who has been through such a traumatic experience.

“ Without this support I wouldn't have been able to cope ”

Trauma can affect people in different ways - some people may become withdrawn, depressed, and isolate themselves. Others may have panic attacks, be fearful and not wanting to go out. Some may carry on with everyday life, seemingly as if nothing has happened, others may display anger and aggression.

All of this is normal - there is no right or wrong way to feel after rape.

AXIS LINK

Axis Link is a specialist support service to help family members, parents, carers, partners and loved ones to better understand the possible effect of the abuse or assault on the survivor but also to understand how that may, in turn, impact on them. If the abuser is a family member or known to the family it can be especially challenging to deal with.

Survivors may experience:

- Severe mood swings
- Frustration and anger
- Relationship issues
- Periods of silence or a need to talk
- Changes in sexual relations and patterns of behaviour

These are **perfectly normal reactions** and understanding how to cope with these can be hard for everyone.

Families, partners, loved ones, parents and carers all have an important role in helping the survivor recover but they too have become indirect victims of the abuse. Axis link will not only give you some insight and understanding but also some tools to better cope with the situation.

“ She was support for the whole family, we could not have got through without her ”

