

## AXIS COUNSELLING

For over 25 years Axis has been providing support to survivors of sexual abuse, physical and emotional abuse, non-recent (historic) child sexual abuse, and any form of sexual assault, sexual violence, sexual exploitation or rape. 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.



Our counsellors will deliver a planned programme of 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.**

## AXIS LINK

Axis Link is a specialist support service to help family members, partners, loved ones, parents and carers to better understand the possible effects of sexual violence or sexual assault on the survivor and how that may, in turn, impact on them.

Survivors may experience severe mood swings, frustration and anger, relationship issues, periods of silence or a need to talk, changes in patterns of behaviour. These are perfectly normal reactions. Understanding how to cope with these can be hard for everyone.

**Our counsellors can help you through this.**

## HOW TO CONTACT US IN CONFIDENCE

By Phone

**Shrewsbury (ISVA)**  
**01743 243007**

**Telford (ISVA)**  
**01952 586790**

By Email [isva@axiscounselling.org.uk](mailto:isva@axiscounselling.org.uk)

Or visit our website [www.axiscounselling.org.uk](http://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



## INDEPENDENT SEXUAL VIOLENCE ADVISOR SERVICE

## USEFUL CONTACTS:

**AXIS Counselling Telford** 01952 278000

**AXIS Counselling Shrewsbury** 01743 357777

**Sexual Health Clinic** 0300 123 0994

**NSPCC Helpline** 0808 800 5000

**NSPCC Child Line** 0800 1111

**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](http://www.axiscounselling.org.uk/supporting-us/donate)

A free, confidential and independent service for anyone who has experienced any form of sexual violence or sexual abuse, sexual assault or rape.

Axis is an independent charity operating within Shropshire, Telford and Wrekin and the immediate surrounding area. Our team of Independent Sexual Violence Advisors (ISVA) are all highly trained, professional and experienced at working with survivors of all types of sexual violence and providing them with the support they need.

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

Make Axis your turning point,  
take back control of your life  
[www.axiscounselling.org.uk](http://www.axiscounselling.org.uk)

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

## AXIS ISVA SERVICE

We recognise that it can be extremely difficult to seek support following a rape or sexual assault. Our advisors will respect your wishes and give you impartial advice and guidance so you have the most appropriate support as well as all the relevant information to make an informed choice which is absolutely right for you.

*“ Without this service and support I wouldn't have been able to cope. This service has been invaluable to me ”*

We also understand that the thought of pursuing justice through the courts may well be too much to cope with. Our detailed knowledge of the courts and criminal justice system means that if you do decide to formalise a complaint to the police we can support you throughout the whole of that process.

Axis is an independent specialist support service for survivors of sexual violence. Our one to one support service provides a safe, secure and confidential place where you will be listened to in a respectful and non-judgmental way and be able to access the best advice and help.



## HOW WE SUPPORT YOU

Independent Sexual Violence Advisors (ISVAs) are independent support workers who are entirely focussed on you and enable you to access those services you may need in the aftermath of the trauma you have experienced.

They are trained to support you with any identified practical support needs.

### We will:

- Provide free and impartial information, advice and support
- Conduct a comprehensive needs and risk assessment with you
- Develop an individual support plan tailored to meet your needs
- Help you access other support services
- Advocate your needs and wishes to other agencies if you wish
- Give you advice and guidance on a range of issues. Explain our safeguarding policies and obligations in case you, someone else or a child is at serious risk of harm
- Hold regular telephone calls or face to face meetings, as agreed with you

### Our ISVA's provide practical support in areas such as:

- Harm from others
- Coping mechanisms, social and cultural support
- Mental health and psychological wellbeing
- Accommodation and housing

*“ The ISVA Service has been vital & fundamental to my recovery ”*

### In addition to practical support, if you decide to make a report to the police or already have, we will:

- Provide information and guidance about reporting to the police and the criminal justice system
- Support you from the report, throughout the investigation and to any court case and beyond.

The support provided will vary dependent on your needs and particular circumstances. What happens next is entirely your decision.

## ISVA FOR YOUNG PEOPLE

Our ISVA service also offers a free, confidential and specialist support service to young people and children aged from 11 upwards who have experienced any form of sexual violence or sexual abuse.

We understand the devastating impact that sexual abuse can have on a young person's life and we have a range of support services to help you through this most difficult of times.



## PARENTING ISVA

Where a child aged 10 or under experiences sexual violence or sexual abuse we offer a Parenting ISVA service to the parent, guardian or carer of the child. Our parenting ISVA works with a non-abusive parent or guardian or in some cases, carer, providing them with the same Criminal Justice support that is provided throughout the other parts of the ISVA service. In addition we provide practical support, to put them in a better position to be able to support their child.

*“ Incredibly supportive, I would not have got through the day without her ”*