

## AXIS COUNSELLING

Axis has been counselling survivors of sexual trauma for more than 25 years. We are one of the most experienced and long-established support services in the country and have so far helped more than 12,000 people over the years.

All our counsellors are qualified and specially trained to understand and help you overcome the trauma you have experienced. You will be listened to and believed, you will be respected and not judged. Your counsellor will help you to work through any difficult emotions you may be feeling.

We take great care in making sure that you feel comfortable with your counsellor, so that you are able to talk about your experiences and become better placed to move on with your life.

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

## AXIS INDEPENDENT SEXUAL VIOLENCE ADVISOR (ISVA) SERVICE

ISVAs are victim focused support workers who provide independent practical support, advice and assistance to victims of sexual violence regardless of when the assault took place or whether the police are involved.

## AXIS LINK

Axis Link is a specialist support service operating independently from our crisis counselling. It was established to help family members, partners and loved ones to better understand the possible effect of the sexual assault on the survivor and how that may, in turn, impact on them. Family members, partners, and loved ones, all have an important role in helping the survivor's recovery. Axis link will not only give you some insight and understanding but also give you the tools to better cope with the situation.

## HOW TO CONTACT US IN CONFIDENCE

### AXIS COUNSELLING & AXIS LINK

By Phone

**Telford Office**  
**01952 278000**

**Shrewsbury Office**  
**01743 357777**

By Email **info@axiscounselling.org.uk**

Or visit our website **www.axiscounselling.org.uk**

By Post

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

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



## YOUR TURNING POINT



## AXIS CRISIS COUNSELLING Adult Services (Aged 18+)

## AXIS ISVA SERVICE

By Phone

**Telford & Wrekin**  
**01952 586790**

**Shropshire**  
**01743 243007**

By Email **isva@axiscounselling.org.uk**

### AXIS IS SUPPORTED BY:



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

A free, confidential and independent service for anyone who has experienced any form of sexual violence, 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 qualified and experienced counsellors are skilled at working with survivors of all types of sexual abuse and sexual violence.

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**

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

## CRISIS COUNSELLING

Axis offer a Crisis Counselling service at The Glebe Centre, Wellington – in safe, secure and confidential counselling rooms. We can offer you up to 10 sessions, to help you through the immediate effects of the trauma you have experienced.

## FAST TRACK SUPPORT

In order to access this fast-track support please ask your support worker to refer you to Axis within one month of you attending the Sexual Assault Referral Centre (S.A.R.C.)

Once we receive your referral, we will contact you within two working days and arrange your first meeting within one week. At this first meeting we will talk about what kind of support you would like, and what we can do for you, you can then decide if you would like to have further sessions. If you decide to go ahead, your counselling appointments will start within one month.

Counselling appointments are weekly, and take around 50 minutes. We generally offer you the same appointment day and time each week. At the end of your Crisis Counselling, if you feel that you would like further support, we can arrange further sessions at a later date.

## SELF-REFERRAL

If you don't feel ready for Crisis Counselling and our Fast Track Service at this time, then you are free to self-refer to Axis for our normal counselling services at any time in the future.

For self-referrals, we will arrange an Initial Assessment, normally within two weeks; however we would then have to place you on our waiting list for planned counselling sessions.



## EMOTIONS AND FEELINGS

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. You may feel one or all of the following:

- Shock & numbness
- Shame/humiliation
- Guilt/self-blame
- Nightmares
- Isolation
- Fear, anxiety & distress
- Anger
- Helplessness
- Flashbacks

Trauma can affect people in different ways - some people may become withdrawn, depressed, want to be alone, and isolate themselves. Others may have panic attacks, be fearful and not wanting to go out. Some may carry on with normal 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.**

## IT'S GOOD TO TALK

As scary as it is to open up, it can really help to talk. It is common to think that if you don't talk about the rape or sexual assault that the memories will go away. However you can't heal by avoiding the truth.

*“ I am able to feel 'okay' to talk about what happened to me - I am so appreciative. ”*

Try and get as much support and help as you can even if in the first instance this is just a friend to sit with you so you are not alone. Shock can affect people in different ways and for this reason it is good to have someone you can trust with you.

Sometimes it is also easier and helpful to talk to someone who is not part of your family or a close friend. Our trained counsellors offer a safe and confidential space to talk about any difficult feelings you may be having.



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

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