



MAKE AXIS YOUR TURNING POINT

Axis Counselling provides a full range of free counselling and therapeutic support services for anyone (aged 11 upwards) who has experienced sexual abuse, sexual assault, rape or historic sexual abuse.

Every one of our clients are different and there is no one-size fits all approach – just bespoke support designed around you and your needs and what you wish to achieve.

We work with you on a one to one basis, understanding the importance of taking time to build a trusting therapeutic relationship, and helping you to develop coping strategies so that you can engage in the counselling process safely.

REFERRAL & INITIAL ASSESSMENTS (I.A.)

We take referrals from a wide range of organisations and also self-referrals, and aim to offer an initial assessment within 2 weeks.

The Initial Assessment helps us to establish what your needs are and what kind of counselling may be most appropriate for you. It is also an opportunity for you to ask any questions you may have. It's helpful to be aware that the Assessment is not a counselling session, and we will not be discussing the past trauma in any detail.

If Axis is the right service for you we will put you on our appointment list, however if we feel that Axis is not the right service for you we discuss this with you and will signpost or refer you to a more appropriate service.

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WWW.AXISCOUNSELLING.ORG.UK

BRIEF THERAPIES These focus on developing your safety skills, providing stability, and building your knowledge and understanding.

PRE-TRIAL COUNSELLING Offered to people who have reported a sexual assault to the Police. Our aim is to support you in developing coping strategies, building self-esteem and confidence while the investigation and court processes are ongoing.

LINK COUNSELLING A specialist counselling service for family members, parents, carers, partners and loved ones. Our aim is to help you understand the possible effect of the sexual assault on the survivor, but also to support you with any difficult feelings that you may be experiencing.

CRISIS COUNSELLING A fast track service that is offered in the immediate aftermath of a sexual assault for clients who have attended and been referred by The Sexual Assault Referral Centre (S.A.R.C.) at The Glade.

STABILISATION COUNSELLING Focuses on helping you to develop the skills, knowledge and resources that increase your safety and build your confidence.

TRAUMA THERAPY A pre-planned trauma counselling programme, aimed at helping you overcome the effects of your past trauma, and understand how this may be affecting your thoughts, feelings and behaviours today; allowing you to take control of your life.

HOW TO CONTACT US IN CONFIDENCE

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