

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, relationships 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 are experienced and can help you through this.

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

HOW TO CONTACT US IN CONFIDENCE

Shrewsbury **01743 243007**
Telephone:
Telford **01952 586790**

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

Website: **www.axiscounselling.org.uk**

Post:

Shrewsbury Office

Fletcher House
15 College Hill
Shrewsbury
Shropshire
SY1 1LY

Telford Office

The Glebe Centre
Glebe Street
Wellington
Telford
TF1 1JP

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**



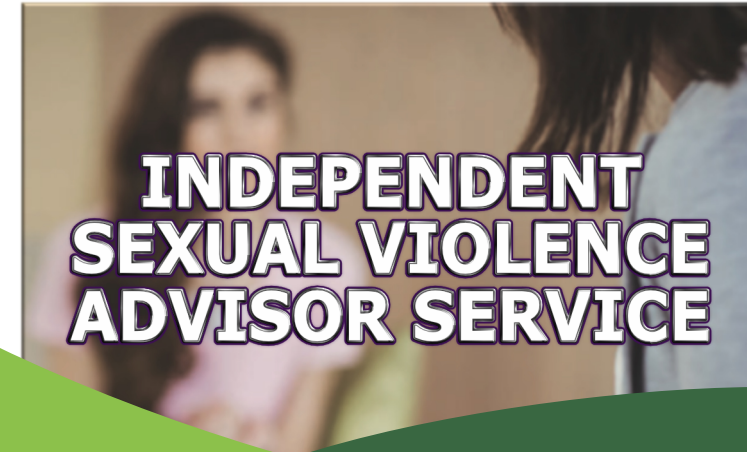
AXIS IS SUPPORTED BY:



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



YOUR TURNING POINT



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

Axis is an independent charity working within Shropshire, and Telford and Wrekin. Our team of Independent Sexual Violence Advisors (ISVAs) are all highly trained, professional and experienced at working with survivors of all types of sexual abuse and providing the support that is needed.

Make Axis your turning point to take back control of your life.

www.axiscounselling.org.uk



AXIS ISVA SERVICE

We understand that it can be extremely difficult to seek support having experienced sexual abuse. Our ISVAs will respect your wishes and give you impartial advice and guidance so you have the most appropriate support as well as relevant information to make choices that are right for you. We are an independent, non-statutory organisation, which allows us to put you at the heart of the support we provide.

"The support I have received has been a life-line through very difficult times. It has been a safe-guarding system at all times, a place to talk about feelings and emotions safely without judgement."



We also understand that the thought of seeking 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 make a report to the police, we can support you all the way through the process.

Our support is available to you, whether or not you decide to make a report to the police.

Our ISVAs are trained to work with anyone who has experienced sexual abuse but we also have ISVAs who are specially trained to work with specific groups, such as (but not limited to):

- Males
- LGBT+
- Sex Workers
- Gangs
- Older People
- Children and Young People

We have Male and Female ISVAs to enable a choice of the gender of the worker.

"Every time we spoke I felt safe. She helped me when I was at my lowest point."

HOW WE SUPPORT YOU

Axis ISVA Service is a specialist one to one support service for all survivors of sexual abuse.

We will:

- Provide free and impartial information, advice and support
- Complete an assessment of your needs with you
- Develop an individual support plan tailored to meet your needs
- Help you access other support services
- Pass your needs and wishes on to other agencies if you wish
- Give you advice and guidance on a range of issues
- Explain our safeguarding policies and obligations to you
- Agree together how support will work best for you - face to face, telephone, text, email etc.

Our ISVAs provide practical support in areas such as:

- Safety
- Wellbeing
- Coping Mechanisms
- Employment and Education
- Accommodation and Housing

"The service delivered was over and above my expectations and helped me greatly through a difficult time in my life."

In addition to practical support, if you are thinking of reporting 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 reporting, throughout an investigation, through any court case and beyond.

The support provided will vary depending on your needs, circumstances and wishes. What happens next is entirely your decision.

You can move on from this, and our team are here to help you on that journey.

ISVA FOR YOUNG PEOPLE

Our specialist Children and Young People (CYP) ISVAs provide support to 11-17 year olds who have experienced any form of sexual abuse.

We understand that this can have a devastating impact on a young person's life. Part of our support is to explore the effect it has had and put in coping strategies to help with that. Issues such as self-esteem, anxiety and self-harm, as well as many more often follow this type of trauma. We can help with these.



CHILD & FAMILY ISVAs

Our Child ISVAs provide support to children aged 5- 10 who have experienced sexual abuse. We can see a child in school or in our dedicated children's meeting rooms. Alongside this, support is provided to the Parent / Guardian / Carer so that all support needs of the child can be met either directly with the child or via the parent.

Sexual abuse impacts on every part of a survivor's life, including their loved ones. That's why our Family ISVA supports the parents, siblings, partners or sometimes other family members.

Support is provided to family members to help them:

- Understand what is happening
- Deal with how it is affecting them
- Understand how to support their loved one to cope and recover.

"I can't thank my ISVA enough for everything and for helping me get to this better place. I can see a future now."