

Isle of Wight Adult Counselling Service

Working with women and men who have experienced any unwanted sexual experience.

Southampton Rape Crisis (SRC) funded by the Isle of Wight Domestic Abuse Forum and Hampshire and Isle of Wight Police & Crime Commissioner are setting up a Face to Face Counselling Service for people on the Isle of Wight from January 2015.

Sessions will be available on a **Tuesday** at a safe and confidential location in Newport by staff experienced in risk management as well as therapeutic work.

You may be struggling with low self-esteem, anxiety, low mood, intrusive thoughts or memories, parenting difficulties or problems with food, drugs/ alcohol, sleep or relationships. Talking to a Counsellor is likely to help you manage painful and difficult experiences as well as think about the changes you can make to positively affect your future.

We assess each person individually and make every attempt to provide an approach best suited to your needs. Please note the assessment takes place at our confidential address in Southampton.

For more information or if you would like to make a referral please contact us on: **Telephone 023 8063 6312, Text 'IOW' to 07866 643434**

Or

Email info@sotonrc.org.uk

Our Confidential Helpline number is 023 806 6313 and is available Sunday 19.00 – 22.00, Tuesday 10.00-13.00, Thursday 13.00-16.00

Please be assured this is a confidential service and we will work with you to keep you safe.

“My life improved in every way possible. I started work again, I don't want to die or hurt myself anymore. I can talk more openly about things with my family and just everything is so much better!”