



YOUR ASSESSMENT AND COUNSELLING AT SAFELINE

About Safeline

Safeline's therapeutic services are for individuals who have been affected by sexual abuse or rape at any time in their lives; whether it has happened to you personally or to someone close to you. This service is offered free of charge and is available to men, women and young people throughout Warwickshire.

About your initial assessment appointment

This appointment is for you to meet with a member of our assessment team to share a little of what is troubling you at the moment and explore if counselling or another Safeline service is right for you at this time.

What is therapy?

Therapy aims to provide you with a space to explore your experiences, feelings or thoughts with a therapist who will not give you advice, persuade you to follow a certain path or impose his or her views on you. He or she will listen carefully to what you have to say and work with you to help you make sense of what is going on for you. Therapy can help you come to terms with past experiences and aims to help you achieve a greater sense of well-being. It is also important to be aware that therapy may not be helpful for everyone.

Will it be confidential?

What you discuss with your therapist is confidential, in certain circumstances confidentiality may have to be broken, confidentiality and the limits of confidentiality will be explained at your first counselling session.

The Counselling Sessions

Counselling is carried out at our Warwick Office or at a number of venues throughout Warwickshire. You will have weekly sessions lasting for an hour. Safeline is a specialist agency; all our counsellors are trained to work with survivors of sexual abuse and are committed professionals, many volunteering their services. We will offer you a number of sessions to start with which can be extended to suit your needs.

Cancelling assessment or therapy appointments

Please help us to continue to offer our services free of charge and keep our services available to those who need them. It costs an average of £50.00 to provide each assessment and counselling appointment, if you do need to cancel an assessment or therapy session please let us know as soon as possible on the number below.

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