



## Other Sources of Support

Depending on your situation, the following agencies and organisations may be able to provide additional support.

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The National DV Helpline	0808 2000 247
The Survivors Trust	0808 801 0818
Rape Crisis Helpline	0808 802 9999
Respect Perpetrators	0808 802 4040
Respect Men's Advice	0808 801 0327
Galop LGBT Domestic Abuse	0800 999 5428

**IN AN EMERGENCY DIAL 999**

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## How Can I Contact PARAGON Counselling?

Please contact us on:

Hampshire	0800 916 9878
Dorset	0800 032 5204
Isle of Wight	0800 234 6266
Sussex	01403 229 017



*YOU: a family, creatively empowering people to thrive in their communities.*



## Registered Address:

South Wing, Admiral House  
43 High Street, Fareham, Hants PO16 7BQ

[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)

The YOU Trust is registered in England no. 1898188 and is a registered charity no. 291489



**PARAGON**  
TOGETHER EMPOWERING CHANGE

## Who We Are

Opening up and talking about the Domestic Abuse you have experienced or are experiencing may be a daunting thought.

Our PARAGON team of counsellors are specifically trained within a DA trauma framework, meaning they are experienced in working in the area of Domestic Abuse including the psychological impacts and psychosocial aspects it brings with it, whether this be physical violence, emotional, financial, or psychological abuse including coercive control, honour-based violence/FGM, and modern slavery.

Your counsellor will listen to you respectfully, without judgement or shame, within a supportive therapeutic environment.

We strive to offer inclusion, innovation, and excellence to ensure that our support is right for you. If we get it wrong, please tell us, and together we can make it right.

### Please contact us on:

Hampshire: [ParagonHants@theyoutrust.org.uk](mailto:ParagonHants@theyoutrust.org.uk)  
Dorset: [ParagonDorset@theyoutrust.org.uk](mailto:ParagonDorset@theyoutrust.org.uk)  
Isle of Wight: [ParagonIOW@theyoutrust.org.uk](mailto:ParagonIOW@theyoutrust.org.uk)  
Sussex: [ParagonSussex@theyoutrust.org.uk](mailto:ParagonSussex@theyoutrust.org.uk)

## Our Approach

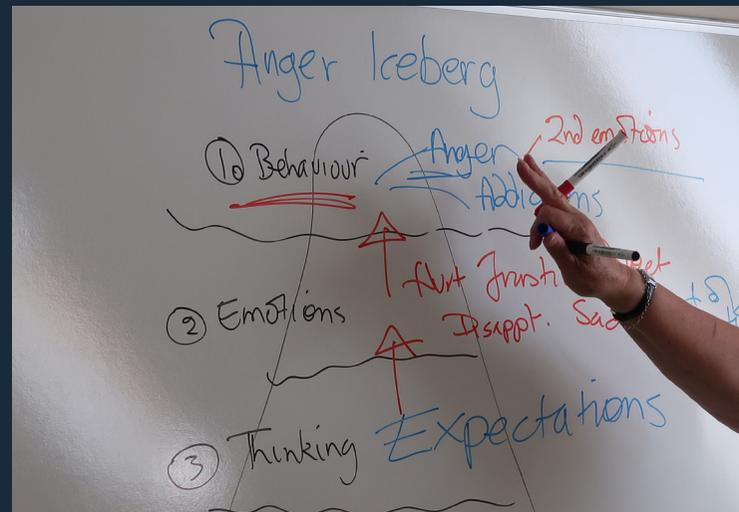
The aim of PARAGON Counselling is to facilitate recovery by:

- Helping you understand yourself
- Helping you understand the domestic situation you have lived or are living in
- Helping you to recognise the cycle of domestic abuse and what you can do to break it

We'll build on your strengths, resilience, and self-empowerment in making decisions on whether to stay or leave the relationship.

*"I let others take control of me and I had to fight. This is my time to shine. I'm young and in control of me, and I don't want to be the broken person I was."*

*"I couldn't hear myself, my voice was barely a whisper. Now I can hear me, I'm being safe with me, and it's ok to have my own opinions."*



## How We Will Work With You

Our team understands that whatever the specific nature of your circumstances, you are an individual deserving of respect. We will work with you in a trauma-informed way, recognising the ongoing impact that your past life experiences can have on your present wellbeing and decision-making.

Our PARAGON counselling team sits within our wider YOU Counselling Centres and is managed by our BACP-accredited team.

Depending on where you live, we can offer virtual or face-to-face counselling. This will be discussed with you at your assessment meeting.

