



Other Sources of Support

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

Yellow Door	02380 636 313
Victims Care Service	0808 178 1641
Paragon DV	0800 916 9878
Domestic Abuse	03300 165 112
Victim Services	

IN AN EMERGENCY DIAL 999



How can I access STAR Counselling?

Telephone: 0800 121 4690

Email: youcounselling@theyoutrust.org.uk

STAR Portsmouth Sexual Trauma Helpline

0330 6782873

This helpline is for residents of Portsmouth PO1-PO6 We offer emotional support and signposting to callers from Portsmouth.

Helpline times:

Tuesday - 1400-1900

Wednesday - 1400-1900

Thursday - 1200-1600



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

Registered Address:

Delme 1, Delme Place
Cams Hall Estate Fareham,
Hants
PO16 8UX

feedback@theyoutrust.org.uk

www.theyoutrust.org.uk

The YOU Trust is registered in England no. 1898188 and is a registered charity No.91489

you Counselling Centres



STAR Counselling

Sexual Trauma and Recovery Counselling

Who we are:

STAR counselling is our Sexual Trauma and Recovery Counselling team working across the South of Hampshire, Portsmouth and the Isle of Wight. We work with people who have experienced sexualised trauma, whether this be recent or non-recent rape, sexual abuse or sexual violence/crime. This is free to access counselling, we accept self-referrals and referrals from professionals.

At STAR Counselling, our team of counsellors are trained and experienced in trauma counselling. This approach is called Trauma Informed Practice which is a careful and specialist type of therapeutic work. We understand that anyone can be affected by sexualised trauma and the wide range of impacts it can have. Our Counselling Centre is inclusive and easy-to-access for people of any age who have been a victim of rape, sexual assault or sexual violence. We support all genders, all ages, and any sexual orientation, striving to ensure that no barriers exist because of religious belief, culture or disability.

We offer face to face counselling for adults, young people and children at our dedicated counselling centres in Portsmouth, Isle of Wight - Newport and Fareham. These can be face-to-face, remote virtual counselling or via phone. We can also travel to you and meet in your community at a safe and confidential space. We work with schools to support children and young people.

To refer:

Call us free on: 0800 121 4690

Email us: youcounselling@theyoustrust.org.uk



We offer both short and longer term, specialist one-to-one counselling and EMDR, in addition to group participation opportunities. Groups include peer supporters and will offer psycho-educational skills training, along with discussions to support participants to grow and develop resilience and proficiency in life skills. The various groups run every 6 weeks. There are several groups running at a variety of time-slots.

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YOU Counselling Centres is an organisational member of the British Association for Counselling and Psychotherapy (BACP). All counsellors are individual members of the BACP and are guided by the BACP Ethical Framework.

We accept referrals from:

- Portsmouth
- Havant
- Petersfield
- Gosport
- Fareham
- The Isle of Wight
- Southampton
- Eastleigh
- The New Forest

What people say

"Group therapy is such a powerful thing. I have learnt so much about myself by attending groups that I sometimes think I would nev-er be able to learn so much from my individual sessions"

"I have suffered guilt for so many years of my life. In such a short time, this has been uplifted. The counselling changed my life for the better"