



Other Sources of Support

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

Victims Care Service	0808 178 1641
Domestic Abuse Victim Services	03300 165 112
PARAGON Hampshire	0800 916 9878
Crisis Team	0330 123 3924
Samaritans	116 123

IN AN EMERGENCY DIAL 999



How Can I Contact STAR Counselling?

Please contact us on:

Telephone:
01329 760260

Email:
youcounselling@theyoutrust.org.uk



*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

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

you Counselling Centres

STAR Counselling

Sexual Trauma and Recovery Counselling

Working with YOU

We believe that to best support people in our community, we need to work with our community.

All referrals are received through a single triage process, after which we will conduct an assessment and present you with available treatment pathways. We actively maintain regular contact to support people on waiting lists, which can include referrals to other support services in the interim.

We offer both short and long-term specialist 1:1 counselling, 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 times to suit differing schedules. The services we offer are private and confidential. We will tell you more about this when we meet for the first time.

For more information:

Telephone: **0800 121 4690**

Email: youcounselling@theyoutrust.org.uk

Facebook: [facebook.com/STARCounsellingCentre](https://www.facebook.com/STARCounsellingCentre)

We are with YOU

STAR, Sexual Trauma and Recovery Counselling Centres, is an inclusive, easy-to-access counselling service for people of any age who have been a victim of rape, sexual assault, and sexual violence.

Barnardo's provides support to children and young people (0-17 years), and STAR Counselling Centres supports adults (18+) whether the abuse is recent or historic.

Counselling can promote your wellbeing and enable you to better manage your issues.

"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."



How we work

We deliver a bespoke, integrated, trauma-informed therapeutic intervention model. Because your wellbeing is our primary concern, support will focus on the outcomes you wish for your own life. We will make contact and seek to hold sessions that will be convenient for you, including weekends and some evenings.

Two face-to-face or phone contact sessions are also available for family members of survivors as circles of support are vital for developing resilience and promoting self-care. 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 want to enable people to live the life they choose, working towards effective outcomes in their lives.

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