

## WE SUPPORT HUNDREDS OF CLIENTS ACROSS DERBYSHIRE EVERY YEAR

Our specialist therapists help men and women overcome the traumatic effects of sexual violence and abuse.

We enable clients to make positive contributions to their own and others' lives, and to look forward to a future with hope and confidence.

### Words from our clients:

"I can now live and get out of life what I want and need. I can do this because of you."

"You never judged and you helped me believe in myself."

"I feel more in control with my thoughts, feelings and emotions and I'm more than capable to cope when things go wrong."

"I would not be here if it was not for you... you saved my life."

## ADDITIONAL SUPPORT NUMBERS

### Samaritans

Helpline. 116 123

Email. [jo@samaritans.org](mailto:jo@samaritans.org)

### Derbyshire Domestic Abuse Services

Helpline. 08000 198 668

### Derby City Domestic Abuse Service (Refuge)

Helpline. 0800 085 3481

### NAPAC

Helpline. 0808 801 0331

### Childline

Helpline. 0800 1111

## TALK TO US

Tel. 01773 746 115

Email. [help@sv2.org.uk](mailto:help@sv2.org.uk)

[sv2.org.uk](http://sv2.org.uk)

Charity Number: 1077863



## COUNSELLING SERVICE FOR AGES 18+

**01773 746 115**

ADVICE LINE

8am-5pm Monday to Friday

## WHAT WE OFFER

- 1:1 counselling to promote the recovery of anyone aged 18+ who has experienced rape or sexual abuse at any point in their life
- Pre-trial therapy for anyone aged 18+ who is involved in a police investigation relating to their experience
- A service that empowers you

## WHAT WE BELIEVE

Rape and sexual abuse are a violation of self, and an integral part of healing is piecing this together within therapy.

Rape and sexual abuse occur within the context of a 'relationship', and therefore a major part of healing is through a safe, secure relationship with your therapist.

## OUR THERAPISTS

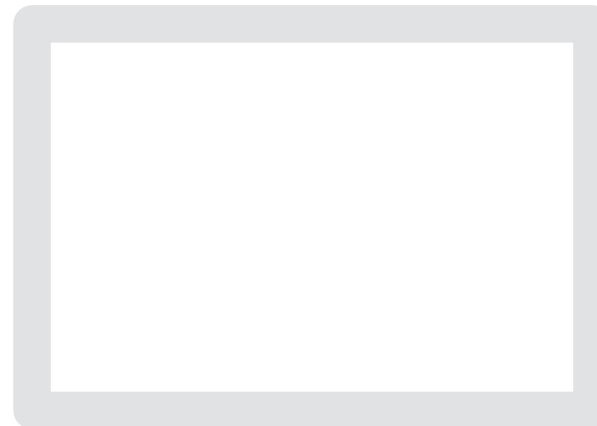
All our qualified therapists have received additional specialist training and are members of the British Association for Counselling and Psychotherapy (BACP), UK Council for Psychotherapy (UKCP) or National Counselling Society.

We adhere to the ethical framework of the governing body.

All our student therapists are selected from many applications every year and our clients do have a choice whether they wish to work with them.

We recognise clients as individuals and therefore tailor the counselling to the client's needs.

## YOUR PERSONAL THERAPIST IS...



## CLIENT-CENTRED SUPPORT

- You will have a therapist just for you
- We aim to provide you with a therapeutic experience that will help you in coming to terms with rape or sexual violence
- We are dedicated to providing the best service we can
- You will receive weekly face-to-face sessions for up to 26 weeks
- Everything you discuss within your therapy sessions will be treated as confidential but the exceptions in place will be discussed at your first session
- We provide a non-judgemental service
- We do not work with perpetrators of sexual violence

We offer client-centred support to anyone who has experienced sexual violence.

**Call 01773 746 115 to talk to us**