



MAKING AN APPOINTMENT

Telephone us or visit us on the web.

Your first appointment is intended to provide information which will help you decide whether to opt for counselling. We aim to offer a first appointment as soon as possible after you have contacted us; our aim is that this would be within 10 working days. You will be offered ongoing appointments as soon as possible thereafter.

You can download a referral form from our website. Alternatively, call or email us.

CANCELLATIONS

When you are unable to keep an appointment we ask that you give at least 24 hours notice (except in unavoidable circumstances).

If your counsellor has to change an appointment for any reason, they will give you as much notice as possible and will arrange an alternative date and time.

Hear Me recognises that sexual abuse devastates peoples lives. In March 2013 we set up Hear Me:

- To provide specialised counselling and support for survivors of sexual abuse
- To increase peoples understanding and ability to respond to the disclosure of sexual abuse and its impact
- To improve mental health and wellbeing
- To improve opportunities for people to access the right help sooner

DONATE

Hear Me provides a free and confidential service. However as a registered charity we rely on grant funding and donations. Hear Me can claim back any tax paid on donated monies through the Gift Aid Scheme. We ask you to consider supporting our work in this way by signing a Gift Aid form.
Thank you

CONTACT US

Hear Me
PO Box 7010
Forfar, Angus DD8 0BJ
Adult Counselling Service
Business Line: 01307 850741
Text: 07975 726953
Email: info@hearmecounselling.com
Website: <http://hearmecounselling.com>

Charity No SC044106

HEAR ME COUNSELLING

Adult Service



CONFIDENTIAL

**Counselling for survivors
of sexual abuse**

Please call **01307 850741**
for an appointment,
referrals or information





WHAT WE OFFER...

Confidential specialised counselling for survivors of sexual abuse.

We provide:-

- Face to face counselling
- Counselling by telephone
- Outreach counselling—where we come to you
- Counselling outdoors

We have consulting rooms available in various locations throughout Angus providing a safe and comfortable environment for you to talk freely about issues that are important for you.

OUR COUNSELLORS...

Have many years experience working with survivors of sexual abuse both in the voluntary and private sector.

All our counsellors work according to Hear Me's code of practice, which incorporates the BACP (British Association for Counsellors and Psychotherapists) Ethical Framework.

Visit www.bacp.co.uk for more information

WHAT IS COUNSELLING?

There are times in most of our lives when we experience distressing events and feelings where we feel our lives have become uncomfortable, difficult or even seemingly intolerable. Counselling can help you find your own answers and to become more in charge of your own life.

Good objective listening is the basis of all counselling. It can help you discover more about yourself and help you gain a deeper understanding. It can be helpful to talk things over, in confidence, with an understanding and experienced trained 'outsider'.



CONFIDENTIALITY

Strict confidentiality is always maintained as it is an essential part of the counselling process. No personal information either verbal or written will be disclosed to anyone else outside without your written consent, unless you tell us you plan to deliberately harm someone or endanger someone's life.

WHAT CAN I TALK ABOUT... ?

Whatever matters to you. Here are some examples of things other people have talked about:-

- Feeling depressed or anxious
- Panic attacks
- Flashbacks
- Difficulty sleeping
- Bad dreams or nightmares
- Intrusive thoughts
- Self harm
- Hearing voices
- Feeling in a state of crisis
- Feeling suicidal

If you are feeling suicidal get help now, call:

The Samaritans: 116 123 available 24/7

HERE TO LISTEN TO YOU

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