

## USEFUL CONTACT NUMBERS

Childline: 0800 11 11

NSPCC (National Charity for the Prevention of Cruelty to Children): 0808 800 5000

Worried about a child? Don't wait until you're certain. You can contact the NSPCC (24/7) or;

- The police
- Your local services

If a child is being abused or is in trouble NOW call the police on 999. If you want to report an abuse that has already happened, or suspicion of abuse call your local police station.

## HOW TO MAKE AN APPOINTMENT

Appointments are booked in advance by contacting us by telephone or email: [info@hearmecounselling.com](mailto:info@hearmecounselling.com)

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 confidential 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

Children and Young Peoples Service  
Business Line: 01307 850741  
Text: 07975 726953

Email: [info@hearmecounselling.com](mailto:info@hearmecounselling.com)  
Website: <http://hearmecounselling.com>

Charity No SC044106

# HEAR ME COUNSELLING

Children and Young People's Service



CONFIDENTIAL

Counselling for survivors  
of sexual abuse

Please call 01307 850741  
for an appointment,  
referrals or information





## WHAT WE DO

We provide CONFIDENTIAL counselling for children and young people (age 8+) who have either recently, or in the past, been sexually abused.

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

## OUR COUNSELLORS...

We have many years experience working with survivors. We use a range of methods and approaches, such as the therapeutic use of toys, games, exercises and books. These can be used to suit the particular needs of the child or young person.

Children and young people have their own ideas and personalities and we understand that counselling can be difficult for children as for adults. Play and art therapy; talk and cognitive therapies can help children or young people express how they are feeling.

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

## WHAT IS COUNSELLING?

Counselling is about helping you to work things out for yourself; make choices and help you to look at things differently. It can help you feel better about yourself.

Talking about a problem with your counsellor can be like sorting out a confusing jigsaw where all the pieces are difficult to fit together. Your counsellor can help you begin to build a picture that makes more sense to you.

## CONFIDENTIALITY

Our approach is individually focused and the content of a counselling session would remain with the child/young person and the counsellor unless the child/young person chooses otherwise.

An exception to confidentiality would arise if a child or young person tells us that they are exposed to a dangerous or abusive situation.

It is important that parents or carers understand a child or young person's right to privacy in a therapeutic setting. Confidentiality is crucial in creating a safe space for the child or young person.



**Contact us on**

**01307 850741**

**or text**

**07975 726953**

## WHAT KIND OF THINGS CAN I TALK ABOUT... ?

... whatever matters to you or whatever is worrying you. Here are some examples of things other children and young people have talked about:-

- Finding it hard to sleep or having nightmares
- Feeling worried, uneasy, sad or frightened
- Wanting to hurt yourself or others
- Feeling depressed or anxious
- Bullying
- Feeling lonely
- Getting into trouble at home or school
- Feeling angry

We understand you may be finding it difficult to contact us. So perhaps you could ask your school nurse, or guidance teacher, or a supportive adult you can trust to contact us on your behalf.

## HERE TO LISTEN TO YOU

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Hear Me

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Tel: 01307 850741

Text: 07975 726953

Email: [info@hearmecounselling.com](mailto:info@hearmecounselling.com)

Visit us on the web:

<http://www.hearmecounselling.com>