

### Our approach

We understand that every individual's experience is unique so we support every client at their own pace.

**We won't judge you,  
we won't criticise you.**

**We will support you with all of  
our skills and experience so you  
can move on with your life.**

### In an emergency

If you or your children are in immediate danger call 999 and ask for the Police.

Are you living with the  
effects of rape or sexual  
**abuse?**

**we can help** just call

 **03000 20 25 25**

Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes

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or email us on

**counselling@myharbour.org.uk**

or text 'Harbour', with your message to: 60777

**www.myharbour.org.uk**

we can help just call

 **03000 20 25 25**

Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes

**www.myharbour.org.uk**

registered charity number: 1086897

**This leaflet is available in other languages and  
formats, call 03000 20 25 25 to request this.**

COUN/14



## Harbour Counselling Service

**Are you thinking about what has happened?**

**Are you feeling ashamed, guilty or depressed?**

**Are you having flashbacks or nightmares?**

**Are you struggling to maintain relationships?**

Harbour is a member of the BACP and counsellors abide by the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy.

## How can we help?

We offer face-to-face and group counselling to women and men. You can contact us directly or through another organisation.

You would be offered an initial appointment to discuss your needs. If we both agree that counselling would help you then you will be allocated a counsellor and your sessions will commence.

### Confidentiality

Everything you share with us will be treated with respect and discretion. There are some exceptional circumstances when we will have to disclose information to an outside body, for example:

- Your or someone else's life is at risk
- You tell us about the current abuse of a child
- You are no longer responsible for your own actions

we can help just call

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[www.myharbour.org.uk](http://www.myharbour.org.uk)

