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| **Isle of Wight**  **Adult Counselling Service**  **Working with women and men who have experienced any unwanted sexual experience.**  Southampton Rape Crisis (SRC) funded by the Isle of Wight Domestic Abuse Forum and Hampshire and Isle of Wight Police & Crime Commissioner are setting up a Face to Face Counselling Service for people on the Isle of Wight from January 2015.  Sessions will be available on a **Tuesday** at a safe and confidential location in Newport **by staff experienced in risk management as well as therapeutic work.**  **You may be struggling with low self-esteem, anxiety, low mood, intrusive thoughts or memories, parenting difficulties or problems with food, drugs/ alcohol, sleep or relationships. Talking to a Counsellor is likely to help you manage painful and difficult experiences as well as think about the changes you can make to positively affect your future.**  **We assess each person individually and make every attempt to provide an approach best suited to your needs. Please note the assessment takes place at our confidential address in Southampton.**  For more information or if you would like to make a referral please contact us on: **Telephone 023 8063 6312, Text ‘IOW’ to 07866 643434**  **Or**  **Email** [**info@sotonrc.org.uk**](mailto:info@sotonrc.org.uk)  **Our Confidential Helpline number is 023 806 6313 and is available**  **Sunday 19.00 – 22.00, Tuesday 10.00-13.00, Thursday 13.00-16.00**  **Please be assured this is a confidential service and we will work with you to keep you safe.**  **“My life improved in every way possible. I started work again, I don’t want to die or hurt myself anymore. I can talk more openly about things with my family and just everything is so much better!”** |