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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 (new days to be added soon)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 may take 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****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 youto 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!”** |