

CSA Counselling

A specialist counselling service for survivors of childhood sexual abuse

www.health-in-mind.org.uk



Who is this service for?

Anyone aged 16 or over who is currently living in Edinburgh and experienced childhood sexual abuse.

What does it involve?

We provide a safe place for you to talk in confidence to a trained counsellor. They will listen and provide support and advice to enable you to regain control of your life and to move forward. They may also signpost you to other services that could help.

How long does it take?

Counselling appointments generally last one hour over a period of up to one year, depending on your needs and circumstances.

How can I access this service?

To make an appointment please contact **Helen** on **0131 225 8508** or **helen2@health-in-mind.org.uk**

Further information

To find out more about Counselling for CSA survivors or other talking therapies, please call us or visit our website www.health-in-mind.org.uk

"It's great to have someone who will listen to me and help make sense of things without judging me."

"I am much more positive that I can turn things around for myself."