



## Trauma Counselling Line Scotland

Confidential telephone counselling service for male survivors of childhood abuse.

Physical, sexual, emotional, psychological, spiritual, neglect.

If you have been abused in any way we have qualified, experienced counsellors who are ready to listen, support and help you to move forward.

*“Just take your time, you talk about what you want to talk about”. - Survivor*

This is a new service provided by Health in Mind and funded by **SurvivorScotland**.

To arrange your telephone counselling appointment, please call us during the following times and we will agree a time to suit you:

**Monday – Wednesday 5pm – 7pm**  
**Thursday and Friday 11am – 2pm**

**Call free on 08088 020406**

You can also leave a message at all other times.

Health in Mind is an organisational member of BACP and The Helplines Association and is a Registered Charity SC004128.



[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

