

Trauma Counselling Line Scotland

A free telephone counselling service for adults who experienced abuse in childhood

www.health-in-mind.org.uk



Who is this service for?

Anyone aged 16 or over who is living in Scotland and was abused as a child. This is a free service available nationwide.

What does it involve?

From the comfort of your own home you can call and speak in confidence to a qualified counsellor who will listen and provide advice and information to help you to move forward.

Counselling sessions are available at a time that best suits you and the same counsellor will work with you for all your sessions.

Our diverse team can communicate in a number of languages including Punjabi, Urdu, French, Polish and English.

How can I access this service?

call **08088 02 04 06**

or email helen2@health-in-mind.org.uk

Further information

TCLS is funded by **SurvivorScotland** and run by Health in Mind. To find out more, please call us or visit our website www.health-in-mind.org.uk/tcls

“To finally talk about this to someone who listens after all these traumatic years of hell has been positive.

I have a better understanding of why I react the way I do and my understanding of past events is clearer.”