
Trauma Support Services

Support for people who have been affected by trauma.

www.health-in-mind.org.uk



“Life changing and life saving! The support has helped me enough to carry on emotionally and practically and make something of my life. It has impacted on my children as well... to me that’s the most important thing... beyond words.”

“It’s been about trust within the working relationship which has been essential to my recovery. I would be dead or near death without the support I have received. I’ve learned a lot of survival skills.”

Everyone has the right to live a full and satisfying life. We can provide the tools, information and support to help you to cope with life's challenges and live the life that you want to live.

If you have experienced trauma in your life, we know how this can impact on your mental and physical wellbeing. We can work with you to find ways to enable you to move forward.

We provide practical and emotional support to develop coping strategies, build self-confidence and reduce stress and anxiety.

Our Trauma Support Service provides assistance with the following issues:

- **practical or administrative tasks** – making calls, housing or benefits issues
- **physical activity** – walking, support to access the gym or join activity groups
- **relationships** – difficulties or anxieties about being with people
- **disclosure** – having someone listen to what happened to you in the past
- **gain understanding** - talking about the impact past events have on your life now.

This support is available to both men and women and focuses on the day to day experiences of having mental health difficulties and/or surviving childhood sexual abuse.

Appointments take place in the community and sometimes at home with the same Support Worker for up to an hour and a half, weekly or fortnightly.

You may be unclear what type and level of support will best suit your needs. We will explore the options together as part of your assessment.

It may be that you feel you need to explore your feelings in greater depth and if this is the case, we can also refer you to one of our **specialist counselling services** for survivors of abuse. For more details please get in touch or have a look at our Talking Therapies leaflet.

You can make a difference

People who use Health in Mind's services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.

Our professional and trusted support staff and committed volunteers work in partnership to deliver a unique mix of services and training to promote mental health and wellbeing. Please contact us for current recruitment and volunteering opportunities.

Get in touch with us

For further information on Trauma Support or any of Health in Mind's services, volunteering and employment opportunities or our feedback/complaints procedure please contact us at:

Health in Mind
40 Shandwick Place, Edinburgh EH2 4RT
0131 225 8508
contactus@health-in-mind.org.uk
www.health-in-mind.org.uk

Please note that our office in Shandwick Place does not have a lift and is situated on the first and second floors. If you have restricted mobility, please contact us for further information and assistance.

Access mental health and wellbeing information online:
www.edspace.org.uk (Edinburgh)
www.midspace.co.uk (Midlothian)
www.eastspace.org.uk (East Lothian)

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