



## Trauma Counselling Line Scotland

Confidential telephone counselling service for adult survivors of childhood abuse, with a history of complex trauma and/or complex mental health issues, as well as survivors from Black and Minority Ethnic communities.

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*

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

**Monday – Wednesday 5pm – 8pm**  
**Thursday and Friday 9am – 2pm**

**Call free on 08088 020406**

You can also leave a message at all other times. Calls are free from all major networks and landlines.

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)

