

## Psychological Support and Counselling Services

Organisation	When is support available?	Who can be supported?	Contact - Email	Phone	Website
<b>AFRUCA</b>	Outside NRM process/positive or negative CG	Women Men Transgender Children and Families	info@afruca.org	0207 042 261	www.afruca.org
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
African victims of trafficking	None	UK-wide	12	One-to-one counselling to address trauma, depression, anxiety amongst other issues.	

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<b>Bawso</b>			<a href="mailto:info@bawso.org.uk">info@bawso.org.uk</a>	029 20644 633	<a href="http://www.bawso.org.uk/">http://www.bawso.org.uk/</a>
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
		Cardiff, Caerphilly, Merthyr, Newport, Swansea, Wrexham			

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<b>Black Country Women's Aid</b>		Women	info@blackcountrywomensaid.co.uk	0121 5530090	https://blackcountrywomensaid.co.uk/
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
				Therapeutic services	

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<b>Hamoaze House</b>	Support available regardless of NRM process/positive or negative Conclusive Grounds decision	Adults (Women) Adults (Men) Adults (Transgender) Children Families	office@hamoazehouse.org.uk	01752 566100	www.hamoazehouse.org.uk
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
	No time limit	Plymouth, Devon	80	<p>Day centre rehabilitation services for people with multiple complex needs, including problematic use of drugs and/or alcohol</p> <p>Hamoaze House is part of the Alliance network and can signpost to mental health, housing, probation, education, training and employment opportunities, money management, harm reduction</p>	

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<b>Housing for Women</b>	Support available regardless of NRM process/positive or negative Conclusive Grounds decision	Women	info@h4w.co.uk	020 7501 6120	https://hfw.org.uk
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
	One year	London	35	<p>When a woman is referred to RePlace she has a one-to-one meeting with a Support Worker who draws up a personalised support plan, which will include referrals to any psychological and/or therapeutic support services needed. The support is subsequently delivered on a regular basis through meetings, workshops and group activities/outings.</p> <p>All women using RePlace are traumatised. Most have complex support needs and many suffer from post-traumatic stress disorder. The abuse they have experienced includes physical violence, sexual assault, imprisonment, coercion and blackmail. We work to enable them to recover from this trauma, rebuild their lives and regain their independence.</p> <p>Thanks to well-established relationships in the sector, referral systems are in place to refer women in need of additional support to partner organisations.</p> <p>They include pro bono immigration solicitors, GPs and, drawing on the Safer London Pan-London reciprocal housing agreement, several local authorities.</p>	

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New Pathways				01685 379 310	<a href="http://www.newpathways.org.uk/">http://www.newpathways.org.uk/</a>
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
		Merthyr Tydfil, Bridgend, Newport		Psychosocial support and counselling	

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NHS Greater Glasgow and Clyde, The Anchor, Glasgow Psychological Trauma Service	Outside NRM process/positive or negative CG	Women Men Transgender Children	GlasgowPsychological.TraumaS ervice@ggc.scot.nhs.uk	0141 303 8968	
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
Funded to provide a service to all adult victims of human trafficking in Scotland	We offer time limited interventions, based on clinical need, in line with the evidence base for working with trauma. We will continue to work with individuals regardless of NRM outcome.	Scotland		Offer psychological assessment to all adult victims of trafficking in Scotland, provision of evidence based psychological treatment and the expert psychological legal reports, when required. We also provide psychological advice, consultation, teaching and training. Active liaison within mental health, statutory and third sector networks to ensure that the response victims receive is trauma informed and recovery-focused. We work with individuals who present with complex post-traumatic stress disorder (CPTSD) following experiences of complex trauma. We will assess all victims of trafficking and if they do not present with difficulties in line with CPTSD we will match them to the appropriate service to meet their mental health needs. We work in partnership with TARA and Migrant Help. We will refer to a variety of health, social care and third sector organisations depending on clinical need	

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NSPCC	Support available regardless of NRM process/positive or negative Conclusive Grounds decision	Children and families	plymouth.servicecentre@nspcc.org.uk	01752 422577	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
<p>The young person will have disclosed sexual abuse but does not have to take matters to legal and speak to police. There must be a safe carer available and willing to come to our centre on a weekly basis for up to 12 months depending on the needs of the child/young person.</p> <p>We would do our best to accommodate any young person but we do not have interpreters on site or readily available unfortunately.</p>	12 months	Plymouth, Devon		<p>We offer therapeutic support for victims of sexual abuse.</p> <p>Trauma associated with all types of sexual abuse, type 1 and 2 through our Letting the Future in Service. We use an holistic approach and within the service we would address issues such as self-esteem, blame, shame, disassociation, reactive sexualise behaviour, on-line abuse, healthy relationships. The list is exhaustive as we are very much lead by the needs of each family.</p> <p>The service is 1:1 face to face service lasting up to 12 months. Alongside the victim we work with a safe carer to support their needs. We do not hold waiting list our referrals are allocated on receipt if there is capacity within the team</p> <p>We have a safeguarding system where we would refer to children's services for any unmet need.</p>	

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<b>Olallo Services/ Saint John of God Hospitaller Services</b>	Under NRM Contract, Post NRM (positive or negative CG) and Outside NRM	Women Men Transgender Families	olalلودutyworker@sjog.org.uk	0207 380 6020	www.sjog.org.uk
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
	None	London	49	Counselling; 1:1; group therapy to address PTSD; anxiety; depression and other conditions Referrals system in place for MH (community); alcohol; substance misuse; housing (different authorities); Health (CHIP); Sexual health; TB screening, etc	

Organisation	When is support available?	Who can be supported?	Contact - Email	Phone	Website
<b>Pan Intercultural Arts</b>	Outside NRM process/positive or negative CG	Women	s.murrays@pan-arts.net	0207 833 2111	www.pan-arts.net
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
	Support participants during the weekly 3 hour sessions. We can provide referrals for out of hours care.	London and Kent	Each creative programme can support up to 20 participants	We provide year-long programmes of weekly therapeutic creative workshops for groups of 8-20 participants. We are a social arts based organisation. Our services are social and creative and therapeutic but do not medical psychotherapy. We aim to support those who have been traumatised, stressed or affected by the process of being trafficked. We aim to enable those whose confidence has been affected to find their voices and rebuild their self-esteem to enable them to integrate into society, relate to other support agencies and embark on new training/employment. Pan Intercultural Arts provides creative workshops to help overcome trauma, increase confidence, aid self-expression, enable integration and build friendships. Additionally, we help in the transition to further education, training or employment and refer to other support agencies.	

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<b>Rape Crisis South London</b>	Outside NRM process/positive or negative CG	Women Transgender Children	info@rasasc.org.uk	0208 683 3311	rasasc.org.uk
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
	Up to 1 year	South London		One-to-one counselling for survivors of sexual violence, group therapy following this if the client would like. The organisation has good links with other organisations, and can signpost or empower clients to find other support if needed.	

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<b>Refugee Council – My View</b>	Outside NRM process/positive or negative CG	Children	MyView@refugeecouncil.org.uk	020 7346 1134	<a href="https://www.refugeecouncil.org.uk/myview">https://www.refugeecouncil.org.uk/myview</a>
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
Children seeking asylum in the UK, who are on their own and under 18	12 weeks	Greater London and Ipswich		Psycho-Therapeutic Groups; One to One Therapeutic Support for survivors of Trafficking; War; Conflict; Displacement; Bereavement; Sexual Violence; Physical Violence & Torture; Abuse; Loss of home; Social Isolation; Cultural Alienation; FGM; long term psychological/emotional/physical disorders The wider Refugee Council Children's Services provides an umbrella service. Established links with mental health services, social services and other avenues of support	

Organisation	When is support available?	Who can be supported?	Contact - Email	Phone	Website
Rehab4Addiction	Under NRM Contract, Post NRM (positive or negative CG) and Outside NRM		info@rehab4addiction.co.uk	0800 140 4690	https://www.rehab4addiction.co.uk/
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
	None	Multiple locations across the UK – see them <a href="#">here</a>		Resources and information about addiction and mental health, and a helpline that offers immediate assistance to those struggling with addiction. They also offer a comprehensive directory of treatment centres throughout the UK.	

Organisation	When is support available?	Who can be supported?	Contact - Email	Phone	Website
Snowdrop Project	During NRM (not under care contract), Post NRM (Positive/negative CG) and outside NRM process	Women Men Transgender	info@snowdropproject.co.uk	07881 997983	www.snowdropproject.co.uk
Criteria for accessing support	Time Limit	Where is support provided?	How many people can be supported?	What type of support is provided?	
	None	South Yorkshire	12 one-to-one (with weekly sessions), 8 per group at one time	One-to-one counselling, group therapy, specialist reports to address PTSD/Complex PTSD, depression, anxiety, attachment, low mood, sleep disorders, flashbacks. The counselling is integrated in to a larger support program in Snowdrop. Counselling clients not receiving advocacy can be referred to this service and the team are aware of legal services and other relevant agencies such as DV support, drug and alcohol, eating disorder support groups that people can be referred on to for particular support in other areas.	



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<b>Trauma Recovery Centre</b>	Outside NRM process/positive or negative CG	Women Men Transgender Children/Families	admin@trc-uk.org	01225 482 200	www.trc-uk.org
<b>Criteria for accessing support</b>	<b>Time Limit</b>	<b>Where is support provided?</b>	<b>How many people can be supported?</b>	<b>What type of support is provided?</b>	
	None	Therapy Centres in Bath, Bristol, Bradford, Guernsey, and soon in Oxford.	Approximately 180 people per week.	<p>One to one, or group trauma recovery focused creative therapies: Play Therapy, Music Psychotherapy, Art Psychotherapy, Child and Family Therapy, Therapeutic Mentoring and Therapeutic Parenting Support.</p> <p>Seeking to address: Single Incident Trauma (Type 1), Multiple Traumas (Type 2) and multiple pervasive traumas from an early age that continue over length of time (Type 3). Our specialism is complex trauma (Type 3). Trauma experiences may include: bullying, bereavement, abuse, domestic abuse, child sexual exploitation, trafficking, early life trauma, refugee, family mental health problems.</p> <p>The Trauma Recovery Centre has Designated Safeguarding Lead and Deputy Designated Safeguarding Lead, both of whom are familiar with local authority procedures in making referrals for additional support. Every staff member</p>	

				<p>working with families are familiar with Child Protection Policy and Procedures and has attended safeguarding training.</p> <p>At the TRC, we work with charities and organisations that support children who have faced extreme trauma, including some anti-trafficking organisations. Our Training Centre in Bath has many aspects, all aimed at helping to develop a better understanding of the issues children are facing, and to provide excellent training to the professionals who work with children, young people and families. We do offer training in other cities and this can be arranged via email.</p>
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<b>Women at the Well</b>	Outside NRM process/positive or negative CG	Women	roxanne.wilkins@watw.org.uk	0207 520 1710	watw.org.uk
<b>Criteria for accessing support</b>	<b>Time Limit</b>	<b>Where is support provided?</b>	<b>How many people can be supported?</b>	<b>What type of support is provided?</b>	
We support women who are or have been involved in sexual exploitation	None	London	We provide trauma-informed support work for up to 30 women, one to one counselling short term support is available for 3-4 women.	<p>We have access to short term therapeutic support with a trained counsellor with a view to referral on to a specialist service for longer term work.</p> <p>Our main approach would be to ascertain a woman's needs and capacity and refer them on to a relevant counselling service.</p>	

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<b>Orchards</b>	Support available regardless of NRM process/positive or negative Conclusive Grounds decision.	Women	info@orchardsuk.org	07988392232	www.orchardsuk.org
<b>Criteria for accessing support</b>	<b>Time Limit</b>	<b>Where is support provided?</b>	<b>How many people can be supported?</b>	<b>What type of support is provided?</b>	
We work in partnership with referring agencies.	We offer up to 18 sessions with the possibility of extending beyond this.	London	n/a	One-to-one counselling support for survivors of sexual violence, addressing individual needs including PTSD, anxiety, depression, flashbacks, disrupted sleep.	