

Useful Support

- *Wales Domestic abuse helpline*

TEL: 0808 80 10 800

A first response service to client's experiencing domestic abuse.

- *Samaritan's*

TEL: 02920 344022

A 24 hour, confidential, emotional support helpline for anyone in crisis.

- *Cardiff Women's Aid*

TEL: 02920 460566

WEB: www.cardiffwomensaid.org.uk

Provides services to women and their children experiencing domestic abuse. Offers 24 hour on call service, emergency accommodation, outreach support and counseling services.

- *Men's advice line*

TEL: 0808 801 0327

WEB: www.mensadviceline.org

Support and signposting services for men experiencing abuse.



ynys saff
safe island

**Ynys Saff, Safe Island,
Sexual Assault Referral Centre,
Cardiff Royal Infirmary,
Newport Road,
Cardiff,
CF24 0SZ**

**Phone: 02920 335795
Fax: 02920 335796**



ynys saff
safe island

‘a port in a storm’

**The role of the
Counsellor**

What is Counselling?

Counselling provides an opportunity for you to talk to a qualified person about any difficulty you are having. You may be experiencing difficult feelings as a result of a recent or past event in your life.

A counsellor can enable the process of change by helping people to express their feelings, clarify thoughts, re-frame their problems and consider potential solutions and coping strategies so that they can understand themselves better and are able to manage their lives more effectively.

Counsellors can use evidence based ways of working that can help following a traumatic experience.

Who are the Counsellors?

The Counsellors working in the specialist counseling service here at Ynys Saff are all experienced counsellors, eligible for accreditation with the British Association for Counselling and Psychotherapy or trained to Masters degree level in therapeutic counselling

They have specialist knowledge in the type of counselling that the Home office says you are able to receive if you are involved in or are likely to be involved with the Criminal Justice System and a court case.

The counsellors will offer a private and confidential service but there are some exceptions to what can be kept confidential; your counsellor will explain what these exceptions are at your first meeting.

What will the Counsellor do

The counsellor will not usually offer you advice she will actively listen to your problems, give you support, help you look at options which will help you make decisions about how things might be different for you. The sessions will last for up to 60 minutes and you will normally be seen weekly or fortnightly.

Your Counsellor is:
