

How will I be contacted by the counselling service?

A member of our team will contact you by phone or email (whatever you indicate is your preferred method of contact).



Emails will come from:

contact@scctaunton.org.uk

or

info@scctaunton.org.uk



Calls and voicemails will come from:

01823 337049

or

07840 547614



Where to get help

Somerset Domestic Abuse Service offer free, confidential, non-judgemental advice and support by trained professionals. The service is available to anyone who is affected by domestic abuse.



0800 69 49 999



www.somersetdomesticabuse.org.uk

If the situation is an emergency or children and/or adult is at risk of serious harm, call 999.

The You Trust, Julian House and Somerset Counselling Centre supports and advises people experiencing domestic abuse on behalf of Somerset Council.



Counselling for those within safe accommodation



**Somerset
Council**

What we do

Somerset Counselling Centre provide counselling as part of the Somerset Domestic Abuse Service. Counselling is delivered for adults, young people and children who are staying within safe accommodation provided by the service.

What is offered

- Up to 40 fully funded weekly counselling sessions are provided either face to face or online.
- This includes an initial consultation to determine your readiness to begin the process.
- We aim to provide a safe, supportive and non-judgemental space for you to process your experiences, be they past, present or concerns about the future.

Who can use this service?

- Anyone living in Somerset Domestic Abuse Service safe accommodation.
- Anyone assessed as being ready to begin the therapeutic journey*

*Please note, if it is determined during the consultation process that now is not the right time to begin counselling, the conversation can be revisited later.

How do I access this service?

Your support worker will discuss counselling as an intervention option whilst you are staying within safe accommodation. If you would like to consider this as an option, the counselling team will be made aware by your support worker.

A member of the counselling team will contact you to gather more information, discuss your availability and talk you through what to expect from counselling. If you can proceed, our team will arrange an initial consultation to take place with a counsellor. You will receive a 'CORE' form which gives the counsellor an idea of how you are currently feeling.

If during this process we feel counselling might not be suitable at this time or the best way forward, this will be discussed with you and fed back to your support worker. The Somerset Domestic Abuse Service may be able to help you find an alternative service and/or resource for you.

What happens when I am ready to begin counselling?

The initial consultation can take up to 90 minutes with a counsellor that has been allocated to you. The counsellor will talk to you about your current situation and gather some background information. They will also explain how our confidential service works and give you an opportunity to tell us anything else you think might be useful for your counsellor to know.

After your initial consultation, our team will send you our 'Client Agreement'. This agreement contains the terms and conditions of the service. Once you have signed the agreement, your counsellor will do the same and contact you to arrange a start date.

