

**WE SUPPORT  
HUNDREDS OF PEOPLE  
ACROSS DERBYSHIRE  
EVERY YEAR**

Our specialist therapists help people overcome the traumatic effects of sexual abuse and rape.

We enable clients to make positive contributions to their own and others' lives, and to look forward to a future with hope and confidence.

**Words from  
our clients:**

"I can now live and get out of life what I want and need. I can do this because of you"

"You never judged and you helped me believe in myself"

"I feel more in control of my thoughts, feelings and emotions. I am more than capable to cope when things go wrong"

**ADDITIONAL  
SUPPORT NUMBERS**

**Samaritans**

Helpline: 116 123

**National Rape Crisis Helpline  
24/7 Support**

0808 802 99 99

**National Domestic Abuse Helpline  
0808 2000 247**

**Men's Domestic Abuse Advice Line  
0808 8010 327**

**National LGBT+ Survivor Helpline  
0800 999 5428**



**TALK TO US**

**Tel. 01773 746 115**

**Email: [help@sv2.org.uk](mailto:help@sv2.org.uk)**

**[www.sv2.org.uk](http://www.sv2.org.uk)**

Charity Number: 1077863



**ADULT THERAPY  
SERVICE**

For ages 18+

**01773 746 115**

9am - 5pm Monday to Friday

## WHAT WE OFFER

- 1-1 counselling/psychotherapy to promote the recovery of anyone aged 18+ who has experienced rape or sexual abuse at any point in their life
- Pre-trial therapy for anyone aged 18+ who is involved in a police investigation relating to their experience
- A service that empowers you
- Counselling for secondary survivors (friends, family or supporters)

## WHAT WE BELIEVE

Rape and sexual abuse are a violation of self, and an integral part of healing is piecing this together within therapy.

A key part of this is building a safe, secure relationship with your therapist.

## OUR THERAPISTS

All our qualified therapists have received additional specialist training and are members of appropriate and recognised professional bodies.

We adhere to the ethical framework of the relevant governing bodies within psychotherapy and counselling, we are also BACP accredited.

Our student therapists are selected from many applications each year and clients have a choice whether they wish to work with them.

We recognise clients as individuals and therefore tailor the counselling to client's needs.

## YOUR THERAPIST IS...



## CLIENT-CENTRED SUPPORT

- We aim to provide you with a therapeutic experience that will help you in coming to terms with rape or sexual abuse
- We are dedicated to providing the best service
- Offer flexible appointments, whether in person, online or telephone
- You will receive regular sessions for up to 26 weeks, dependent on need
- Everything you discuss within your therapy sessions will be treated as confidential but the exceptions in place will be discussed at your first session
- We provide a non-judgemental service
- We do not work with perpetrators of sexual abuse

Go to our website

