

Emotional Support Services for survivors of

Rape, Sexual Assault & Childhood Sexual Abuse

FOR CHILDREN, YOUNG PEOPLE & ADULTS IN GLOUCESTERSHIRE

Hope House Sexual Assault Referral Centre (SARC), Gloucestershire Rape & Sexual Abuse Centre (GRASAC), Gloucestershire Counselling Service (GCS) & TICplus (TIC+) Partnership are working together to provide counselling and emotional support to children and young people, families and adults via a self-referral route. The pathway offers a range of potential options to support mental health & emotional wellbeing needs.

				
SERVICE INFO	GRASAC is a specialist sexual violence service, offering confidential support. The emotional 1:1 support is provided to female survivors of sexual violence. Our Independent Sexual Violence Advisors (ISVA) offer practical help, advice and advocacy, including support during police investigation.	GCS offers a confidential, evidence based face to face counselling service staffed by accredited counsellors, systemic family counsellor, and a family therapist. Counselling for children, young people, families and men with mild to moderate mental health needs.	TIC+ offers evidence based counselling either face-to-face or online for children, young people and families with mild to moderate mental health needs.	SARC provides face-to-face counselling within one year of the assault, for clients who do not present with PTSD or co-existing chronic mental health issues. Short-term counselling for six sessions and the aim is to offer counselling within one month of referral.
AGE GROUP	All ages and genders for the ISVA services and 13+ for 1:1 emotional support (females only)	0-21 year olds, any gender & their parent/carer if family therapy is required. Men of any age can self-refer	Age 9-21 for face-to-face counselling Age 11-21 for online counselling	18 years and over, men and women
WHO CAN REFER?	GP, Agencies and Professionals can signpost female survivors for them to self-refer for emotional support. For the ISVA service GRASAC accepts self-referrals and referrals from other agencies.	GPs, Agencies and Professionals can sign post the young person or their parent/carer to GCS to make a self-referral.	GPs, Agencies & Professionals can sign post the young person or their parent/carer to TIC+ to make a self-referral.	GPs, Agencies and Professionals or self-referrals via SARC
HOW TO REFER	Self-referrals for emotional support or ISVA service can be made via telephone or email.	Self-referrals can be made by phone, or via the website.	Self-referrals can be made by phone or online using text chat via the website.	By phone to SARC or enquire via sexualviolencecounsellingservice@glos-care.nhs.uk
VENUES	GRASAC has a centre in Gloucester and can also see survivors near to where they live across the whole of Gloucestershire.	Cirencester, Tewkesbury, Cheltenham, Stroud, Gloucester, Forest of Dean	TIC+ counsellors cover the whole of Gloucestershire. They will arrange to see children and young people at their school or college or at a convenient location near to where the young person lives.	Milsom Street Sexual Health Clinic, Cheltenham or Hope House Sexual Health Clinic, Gloucestershire Royal Hospital.
CONTACT DETAILS	For general enquiries please telephone: 01452 305 421 or email: info@glosrasac.org.uk To speak to a specially trained Volunteer Support Worker, call our helpline on: 01452 526 770 Email us anonymously and confidentially for support: support@glosrasac.org.uk Website: www.glosrasac.org	Gloucestershire Counselling Service 52 / 53 High Street, Stroud, GL5 1AP Direct line: 01453 766310 Website: www.gloscounselling.org.uk	TIC+ Office 73, 4 th Floor, Vantage Point Business Village, Mitcheldean, Gloucestershire, GL17 0DD Text: 07520 634063 Tel: 01594 372777 Email: admin@ticplus.org.uk Website: www.ticplus.org.uk	Hope House SARC, Gloucestershire Royal Hospital, Great Western Road, Gloucester GL1 3NN Tel: 0300 421 8500 Website www.hopehousesarc.nhs.uk sexualviolencecounsellingservice@glos-care.nhs.uk