

## How do PARCS counsellors/ psychotherapists work?

PARCS counsellors/psychotherapists work within a Humanistic counselling model and abide by the following:

- British Association for Counselling and Psychotherapy (BACP) Ethical Framework for Good Practice in Counselling and Psychotherapy.
- Local Safeguarding Adult and Children Procedures.
- PARCS Policies and Procedures.

PARCS has a written Complaints Procedure and Equal Opportunities Statement

**PARCS DOES NOT KNOWINGLY WORK WITH SEX OFFENDERS.**

## Telephone counselling and support.

Telephone counselling and support are offered via the telephone help lines. The lines are open to anyone affected by sexual violation whether through personal experience or the experience of a loved one, provided they are over 18.

Referrals for face to face counselling may be taken via the help lines.

Women's Line: 023 9266 9511

Men's Line: 023 9266 9516

Lines open

Monday 1-3pm,

Wednesday and Friday 7-10pm

A 24 hour answer phone operating at all other times

(Both help lines are minicon accessible-please use your voice announcer)

## Useful Contact Numbers

Police (emergency 999)

**023 9289 1524**

(Domestic Violence Co-ordinator)

G.U. Medicine

Free and confidential sexual health service

**01256 313333**

NSPCC 24 hour Helpline

**0800 800 5000**

Childline (24 hour)

**0800 1111**

Samaritans (24 hour)

**023 9269 1313**

Domestic Violence Helpline

**0808 2000 247**

Treetops (SARC)

**023 9221 0352**

PARCS LTD

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**023 9266 9513**

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# PARCS

*Counselling and*

*Psychotherapy*

*(Portsmouth)*

***A counselling service for  
survivors of Sexual Abuse  
and/or Rape***

## What does PARCS offer?

Free counselling/psychotherapy is provided to women and men survivors of sexual violation (age 18+), who live within the Portsmouth area

Counselling and support are available regardless of how long ago the violation(s) took place. Often people seek counselling many years after a sexually abusive experience; others seek support soon after the incident.

Both long and short term counselling is provided at PARCS and the length of any therapy will be determined on an individual basis.

Counselling takes place at our confidential address in dedicated well-resourced counselling rooms.

PARCS is wheelchair accessible and has a hearing loop installed.

## What is sexual violation?

Sexual violation may include:

- Being forced to have sex with someone;
- Being made to touch someone's genitals;
- Being made to perform sexual acts on someone;

- Being made to watch pornographic films or look at pornographic images;
- Being touched sexually when you don't want to be;
- Being filmed, photographed or watched in a sexual way.

If you have been sexually abused you may feel frightened, confused, alone, angry or guilty.

## How does sexual abuse affect people?

People can be affected in different ways; emotionally and physically. Effects might include:

- Intrusive and unwanted images, thoughts and/or memories, when asleep or awake;
- Difficulty trusting people;
- Feeling fearful and/or on edge a lot;
- Self harm, such as cutting, scratching or burning the skin and/or eating disorders;
- Physical illnesses;
- Difficulty concentrating at school, work or college;
- Confusion about sexual behaviour;
- Misuse of alcohol or drugs;
- Feeling low or depressed and/or having low self esteem;
- Feeling 'dirty' or 'unclean', even soon after washing.

## What is counselling/psychotherapy?

Counselling and psychotherapy is a therapeutic relationship between two people. Counselling/psychotherapy offers a space to explore your feelings, thoughts, beliefs and attitudes with someone who won't judge you or tell you what to do. Talking to a counsellor/psychotherapist may help you deal with your experiences more easily.

## Is counselling/psychotherapy for me?

Essentially only you can decide whether to enter into counselling or psychotherapy. However, sometimes people worry that what happened to them is "not important enough"; or "was too long ago" for counselling to be helpful. Others fear that they will be "wasting the counsellors time"; or "taking the space of somebody who really needs it". Concerns like these are not unusual and we understand that for many people taking the first step and seeking help can be frightening.

Prior to any counselling or psychotherapy you will be invited to an initial appointment where you will have an opportunity to find out more about the process and be able to ask any questions you might have.

## How do I refer myself?

PARCS accepts referrals from individuals and from professionals on behalf of individuals. To refer yourself please phone either the telephone number helpline or the office number.