

| Source (English) | Target (Simplified Chinese) |
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| What does PARCS offer? | PARCS 提供何种服务？ |
| Counselling and Psychotherapy | 咨询与心理疗法 |
| PARCS provides free counselling and psychotherapy to women and men, 18+, who have experienced sexual violation and who live within the Portsmouth area. A separate service is provided if you live outside of Portsmouth and/or are between 13-24 years old. | PARCS 为居住于朴茨茅斯地区并曾经遭受过性暴力的 18 岁以上之女性和男性提供免费咨询服务。对于居住于朴茨茅斯地区以外和/或 13-24 岁的人士，则提供单独服务。 |
| Counselling and support is 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. | 无论所发生的暴力行为已经过多久的时间，皆可获得咨询和支持服务。人们通常在遭受性虐待多年以后方寻求咨询服务；有些人则在该类事件之后立刻寻求支持。 |
| Both long and short term counselling is provided at PARCS and the length of any therapy will be determined on an individual basis. | PARCS 提供长短期咨询服务，治疗时间则依据个人情况而定。 |
| Counselling takes place at our confidential address in dedicated well-resourced counselling rooms. | 咨询活动在我们设施齐全的专用咨询室内进行，地址绝对保密。 |
| PARCS is wheelchair accessible and has a hearing loop installed. | PARCS 设置轮椅通道，并安装有助听装置。 |
| Telephone help lines | 电话帮助热线 |
| PARCS also provides out of hours telephone help lines on: | PARCS 亦提供下班时间帮助热线： |
| Monday 1pm – 3pm | 周一下午 1 点至 3 点 |
| Wednesday and Friday 7pm – 10pm | 周三和周五下午 7 点至 10 点 |
| Women’s Line: 023 9266 9511 | 女性热线：023 9266 9511 |
| Men’s Line: 023 9266 9516 | 男性热线：023 9266 9516 |

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| The volunteers who answer the helpline are able to give counselling and refer to the main service if required. | 接听热线的志愿者可提供咨询服务，并可根据需要转拨至主服务中心。 |
| Young People's Service | 青少年服务 |
| PARCS has dedicated staff, who work with young people. | PARCS 具有敬业的员工负责接待青少年人士。 |
| Young Persons' Counsellor | 青少年顾问 |
| PARCS has a dedicated counsellor for young people aged 13 – 24 years who have experienced any form of sexual violation. The Young Persons Counsellor works within Local Safeguarding Children Procedures. | PARCS 具有针对曾遭受过任何形式之性暴力的 13-24 岁青少年人士的专业顾问。青少年顾问依据当地儿童保护程序开展工作。 |
| Outreach Worker | 外派工作人员 |
| PARCS outreach programme works with young people in schools, colleges and youth centres to give them skills to prevent violation taking place. PARCS outreach service also works to educate parents, teachers, youth workers and statutory agencies who have the responsibility of young people. | PARCS 外派计划主要针对中学、大学和青少年中心内的青少年人士，为他们提供预防暴力事件发生的技能。PARCS 外派服务还旨在对负责监护青少年的父母、老师、青少年工作人员和法定机构，开展教育活动。 |
| Contact 023 9266 9519 | 联系电话：023 9266 9519 |
| Hampshire counsellor | 汉普郡顾问 |
| Free counselling is provided to women and men aged 18+ who live in Gosport, Fareham and Havant. As with the Portsmouth Service, both long and short term counselling is available. However, there is a limit of 12 months' counselling. | 居住于戈斯波特、菲勒姆和 Havant 的 18 岁以上之女性和男性，皆可免费获得咨询服务。与朴茨茅斯的服务情况相同，长短期咨询服务皆可获取。然而却有为期 12 个月的咨询时间限制。 |
| Contact: 023 9266 9515 | 联系电话：023 9266 9515 |
| PARCS will not knowingly work with perpetrators of sexual violence. | PARCS 不会有意为性暴力罪犯提供服务。 |

PARCS has a written Complaint Procedure and Equal Opportunities Statement.

PARCS 提供书面的《投诉程序和平等机会声明》。

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| Training | 培训 |
| PARCS provides training to educate and inform individuals, agencies and statutory organisations about the effects of sexual violation and trauma on individuals and families. If you are interested in receiving training contact the number below. | PARCS 提供的培训旨在就性侵犯和精神创伤对个人和家庭造成的影响，对个人、机构和法定组织进行教育和提示。有意接受培训者，请联系下述号码。 |
| PARCS is always happy to come and visit organisations and discuss, in small groups, the work that we do. | PARCS 十分乐意登门拜访各类组织，并对我们的工作展开小组讨论。 |
| If you are interested contact:023 9266 9513 | 有意者请致电：023 9266 9513 |
| Or Email: admin@parcs.org.uk | 或发送电子邮件至：admin@parcs.org.uk |
| Useful Contact Numbers | 常用电话 |
| Police (emergency 999) 023 9289 1524 (Domestic violence co-ordinator) | 警方 (紧急情况请拨打 999) 023 9289 1524 (家庭暴力协调员) |
| G.U. Medicine Free and confidential sexual health service 023 9286 6796 | 泌尿生殖医学 免费和保密性健康服务 023 9286 6796 |
| NSPCC 24 hour Helpline 0800 800 5000 | 英国防止虐待儿童协会 (NSPCC) 24 小时帮助热线 0800 800 5000 |
| Childline (24 hour) 0800 1111 | 儿童专线 (24 小时开通) 0800 1111 |
| Samaritans (24 hour) 023 9269 1313 | 撒玛利坦会 (24 小时开通) 023 9269 1313 |
| Domestic Violence Helpline (24 hour) 0808 2000 247 | 家庭暴力帮助热线 (24 小时开通) 0808 2000 247 |

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| Treetops (SARC) PARCS PO Box 3 Portsmouth. 023 9266 9513 admin@parcs.org.uk | Treetops (SARC) PARCS PO Box 3 Portsmouth. 023 9266 9513 admin@parcs.org.uk |
| Registered Charity Number 1079950 | 慈善组织注册编号 : 1079950 |
| A company limited by Guarantee No.3643599 | 公司担保编号 : 3643599 |