

Training

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 is always happy to come and visit organisations and discuss, in small groups, the work that we do.

If you are interested contact:

023 9266 9513

or

Email: admin@parcs.org.uk

Useful Contact Numbers

Police (emergency 999)

023 9289 1524

(Domestic violence co-ordinator)

G.U. Medicine

Free and confidential sexual health service

023 9286 6796

NSPCC 24 hour Helpline

0800 800 5000

Childline (24 hour)

0800 1111

Samaritans (24 hour)

023 9269 1313

Domestic Violence Helpline (24 hour)

0808 2000 247

Treetops (SARC)

PARCS

PO Box 3

Portsmouth.

023 9266 9513

admin@parcs.org.uk

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PARCS

What does PARCS offer?

Counselling and Psychotherapy

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.

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.

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.

Telephone help lines

PARCS also provides out of hours telephone help lines on:
Monday 1pm – 3pm
Wednesday and Friday 7pm – 10pm

Women's Line: 023 9266 9511
Men's Line: 023 9266 9516

The volunteers who answer the helpline are able to give counselling and refer to the main service if required.

Young People's Service

PARCS has dedicated staff, who work with young people.

Young Person's Counsellor

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.

Outreach Worker

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.

Contact 023 9266 9519

Hampshire counsellor

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.

Contact: 023 9266 9515

PARCS will not knowingly work with perpetrators of sexual violence.

PARCS has a written Complaint Procedure and Equal Opportunities Statement.

