

How to refer :

If you would like to access PARCS Young Person's Service for counselling you may refer yourself by contacting the number below.

Alternatively, someone can do it on your behalf, such as a social worker, youth worker, doctor, teacher, parent or guardian.

If you would like to discuss accessing the outreach programme please contact the Youth Outreach Worker on the number below.

- Tel : 023 9266 9519
office hours between 9am-5pm
(24 hour answer phone)
- Email:
youthoutreach@parcs.org.uk
or
admin@parcs.org.uk
- Visit www.parcs.org.uk

Useful Numbers

TREETOPS (SARC)

023 9221 0352

NSPCC

24 hour Helpline—free phone

0800 800 500

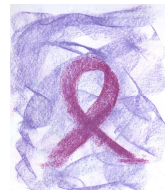
Childline

24 hour Helpline—free phone

0800 1111

Samaritans

24 hour Helpline



PARCS works within LSCB Safeguarding Children Procedures and the British Association for Counselling and Psychotherapy (BACP) 'Ethical Framework for Good Practice in Counselling and Psychotherapy'.

PARCS Ltd. PO Box 3, Portsmouth

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PARCS



Young Person's Service

Free counselling for people
aged 13 - 24 who have
experienced sexual abuse
and/or rape

What does PARCS Young Person's Service offer?

PARCS Young Person's Service offers free face to face counselling to young women and young men living in Portsmouth who have experienced sexual violation, such as rape or sexual abuse, no matter how long ago it happened. PARCS also provides a free Outreach programme to schools, colleges and youth centres to provide skills to prevent sexual violation taking place and signposting to counselling services if required.

What is counselling?

Counselling is a therapeutic relationship between two people. Counselling 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 may help you deal with your experiences more easily.

How long does it take?

Counselling is a very individual thing, so it's hard to say how long it takes. Some people attend a few sessions, others many more. Sessions are weekly and appointments last 50 minutes.

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.

Abuse is always the responsibility of the abuser.



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.