

Training

Safeline provides specialist training to professionals working with vulnerable children, young people and adults on themes such as self-harm, addictions, understanding and working with survivors of abuse, attachment and adjustment issues and development. In schools we provide workshops, training, assemblies and parental awareness events. Contact Safeline to discuss your learning needs.

Support Safeline

To make a donation please:

- Visit www.justgiving.com/safeline-warwickltd
- Set up a monthly Standing Order donation via your online banking by using sort code 08-92-99 and account number 65500875
- Text SAFELINE to 70490 to donate £10

Thank you for supporting survivors of sexual violence.

To fundraise for Safeline please email fundraising@safeline.org.uk or phone the office number.



Contact Us

If you need help please get in touch:

Call our office **01926 402 498**
or email office@safeline.org.uk

Call our Warwickshire helpline **0808 800 5008**

Call our National Male Survivor Helpline **0808 800 5005**

Text our National Male Survivor Text Service on
07860 065 187

Talk with our National Male Survivor Live Chat Service via
our website

Email our National Male Survivor Email
Service at support@safeline.org.uk



Sexual Abuse & Rape
Preventing | Supporting | Surviving

Our Services

Visit the Safeline
website at
safeline.org.uk



Safeline
6a New Street, Warwick CV34 4RX
www.safeline.org.uk
Registered Charity Number 1070854

 office@safeline.org.uk

 **01926 402 498**



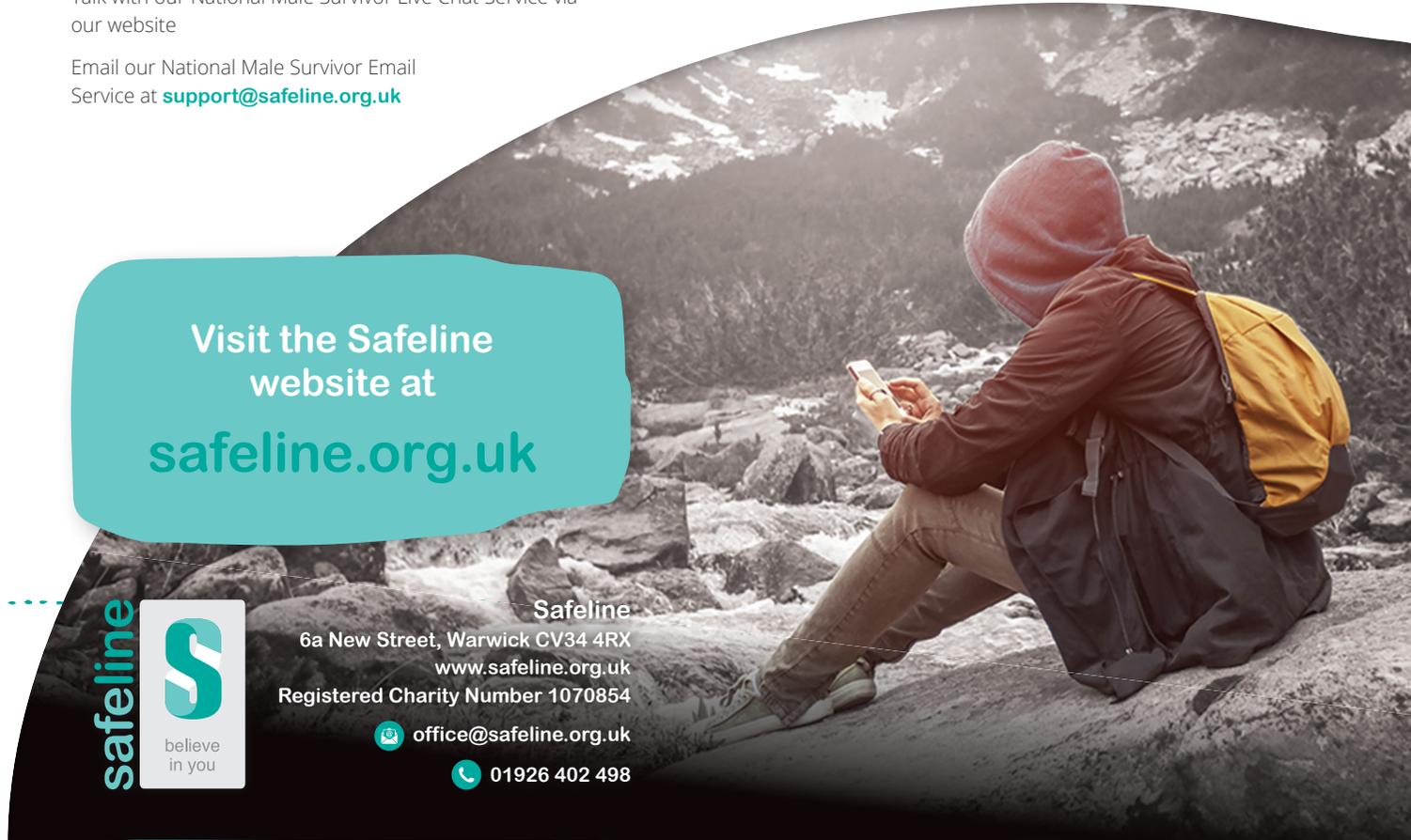
www.safeline.org.uk



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About Safeline

Safeline is an independent charity established in 1994 that supports people who have been affected by sexual abuse and violence at any time in their lives and works to prevent its occurrence. We provide a range of tailored and inclusive support and prevention services to adults and children regardless of personal characteristics, backgrounds, and beliefs. We also support family and friends who have been affected.

Safeline Services

Counselling, Psychotherapy and Arts Therapies

Face to Face counselling and art therapy are available to adults, children and young people in Warwickshire and Coventry.

- **Face to Face** confidential specialist counselling and psychotherapy provides a safe, non-judgemental space to explore and work through issues that have arisen from your experiences, with a trained professional.
- **Art Therapy** is a mixture of talking and art making as another means of expressing thoughts and feelings. You don't have to be good at art, a qualified Art Therapist will guide you through the process.
- **Telephone and Online Counselling** is provided by professional, qualified counsellors to individuals aged 16+ affected by childhood sexual abuse living in England and Wales. This form of counselling may be preferred by those with accessibility needs or those who find it difficult speaking face to face. Contact us to see if this service is available to you.

Helpline and Online Services

- **Coventry and Warwickshire Survivors Helpline.**
A local Helpline for adults and children living in Coventry and Warwickshire that provides a safe and confidential space to talk. Trained staff provide emotional support, advice and information.
- **National Male Survivor Helpline and Online Services.**
A dedicated service for adults and children living in England and Wales who identify as male and for those who support them. This service provides emotional support, advice and information via our male helpline, text, live chat and email services.

Please see our website for opening hours.

Support Groups

Therapeutic support groups facilitated by two experienced therapists are a great way to help people share the way they feel with others who have experienced similar issues. Groups run at various times throughout the year subject to demand.

Contact us for more information about groups or to find out which groups are currently running.

ISVA (Independent Sexual Violence Advocate) and chISVA (Children's Independent Sexual Violence Advocate) Support

ISVAs/chISVAs are providers of emotional and practical support to anyone who has experienced sexual violence at any time in their lives. This support can include advocating for you and working with you through the Criminal Justice Process, Criminal Injuries Compensation (CICA), Social Services, Family Court, housing, benefits, medical appointments, education, or work. If you choose to report a crime to the police, they will be there every step of the way. If you choose not to report, ISVAs can still provide support with other issues you may be having and help you access the right support through Safeline or other agencies.

Young People's Prevention and Education Programmes

Working closely with schools, early Intervention programmes are for vulnerable young people at risk of sexual exploitation who may have been excluded from school or who are just struggling emotionally. Groups will participate in activities including art and drama, tennis and music and education on subjects such as drugs and alcohol, internet safety and 'sexting', healthy relationships, bullying and gang culture. Young people can also access individual tailored support and mentoring. Self-referrals or referrals from schools and other agencies are welcomed.

Taste of Recovery

Taste of Recovery with MindBody Foundations is an online package of support developed by ReConnected Life and presented in partnership with Safeline for use by Safeline clients. This programme has been developed by a survivor of sexual violence, for survivors; it provides you with information, tools, and techniques to help you avoid self-blame, feel more in control and create empowering rituals for yourself. It includes videos and workbooks which can be worked through in your own time, and at your own pace.

