

ABOUT US

We support men, women and children in Lincolnshire who have been affected by rape and sexual abuse at any point in their lives.

We also support the families of those directly affected too.

Rape and sexual abuse can happen to anyone from any background and can leave a legacy of long lasting harm.

All aspects of someone's life can be affected - health, emotional wellbeing, relationships, school, work and home life.

We know that reaching out for help and support can be really difficult but that first call is the first step to you taking back control of your own life.

CONTACT US

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trusthouselincolnshire.org
Twitter: @trusthouselincs
Facebook: Trust House Lincs

SUPPORTED BY

Office of Police and Crime
Commissioner
Bromhead Medical Charity



TRUST HOUSE LINCOLNSHIRE

Our service

Charity Number: 1174933

COUNSELLING

Our counselling sessions are free and we don't restrict you to a certain number of sessions.

Our counsellors work within The Survivors Trust National Service Standards and in accordance with the BACP Ethical Framework.

HELPING SURVIVORS COPE AND RECOVER

We offer a safe space where survivors of all forms of rape and sexual abuse can receive support to help improve their health and wellbeing, regain confidence and self esteem and be empowered to reclaim their lives.

REFERRING YOURSELF

Anyone in Lincolnshire can refer to our service. You can self-refer or a member of your support team can refer on your behalf.

You can refer yourself over the phone, by email or you can download a form from our website.



**THANK YOU FOR WALKING
WITH ME ON MY JOURNEY, I
NOW FEEL ABLE TO
CONTINUE ON ALONE.**



Counselling client

LOCATION

We are located in central Grantham, close to transport links and public parking facilities.

We are accessible to those who have mobility issues and can provide a downstairs counselling room for those who are unable to climb stairs.

We do not have logos on the front of our centre so we can offer our service as discretely as possible.

DONATIONS

We don't charge any of our clients for our counselling sessions as we believe that finances should not be a barrier to anyone who needs to access our support.

However, as a small charity donations are vital to ensure that the service can stay open.

If you would like to donate or fundraise for us please speak to our service manager about how you can get involved.