

How can I access the service?

You can get further information and make a referral by calling us directly on: **08088 020406**

or by emailing:
counselling@health-in-mind.org.uk

You can find more information about TCLS and Health in Mind at our website:

www.health-in-mind.org.uk

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“Working with a TCLS Counsellor, I felt safe, and my impression was of great skill, knowledge and experience; also a sense of them personally giving their all to help, and of genuine communication and connection”

“We shared light-hearted moments, amidst all the difficult work. There was nothing fixed, rigid, or formulaic, but rather a relationship that felt like counselling, parenting and mentoring at different times - a real contrast to previous help, which felt formal, distant, or medicalised”

“The telephone counselling service probably saved my life and definitely saved my sanity. Somehow, to have my experience listened to, helped me to work through this difficult time. Now, at the end, I am able to function in my life again and am back on solid ground”



TRAUMA COUNSELLING LINE SCOTLAND

**A free and confidential
service**

Trauma Counselling Line Scotland is a telephone counselling service for people who have experienced abuse in childhood

What is abuse?

Child abuse is any action by another person, adult or child, that causes significant harm to a child.

Physical abuse

This involves anyone intentionally causing a child physical harm. This can include hitting or kicking a child.

Sexual abuse

This involves encouraging or making children participate in sexual activities.

Emotional/Psychologically abuse

This involves criticising, isolating, intimidating or humiliating children—behaviour that could damage their sense of self-esteem and security.

Neglect

This involves a failure to provide the child with their basic needs, leading to their physical or emotional health and development being damaged. This can include not providing sufficient clothing or a bed to sleep in, or a child believing they are not loved.

You may have experienced more than one type of abuse over a period of time, or it could have been a one-off event.

What is counselling for?

Counselling is a safe place for people to talk about the difficulties they have in their lives.

It can be used to talk about the abuse people have experienced, to help people understand and make sense of it and the impact that it has had on them.

The counselling relationship can support people to manage difficult emotions or memories, and help to build trust and relationships with others. This can help them explore how the past has prevented them from living the life they want to lead. Counselling can help people take greater control of life and improve their confidence.

Who is this service for?

Anyone aged 16 or over living in Scotland, who has experienced abuse in their childhood and is either (fits into one or more of these categories)

- ◆ From a black or ethnic minority community
- ◆ Has a disability- this could be a mental health disability
- ◆ Lives in one of the 12 rural and remote Local Authority areas

How does it work?

We have daytime and evening appointments available.

As it is telephone counselling, you don't need to worry about travelling to your appointment; you just need a quiet place where you can talk to your counsellor.

You will have weekly appointments with the same counsellor, which means you won't have to repeat what has happened to you each time you call.

The service is free and confidential. The phone call will not show up on your phone bill.

All our counsellors are fully trained, highly experienced and from a range of ethnic backgrounds.

We offer the service in English and:

- ◆ Mandarin
- ◆ French
- ◆ Polish
- ◆ Urdu
- ◆ Punjabi
- ◆ Taiwanese