



Other Sources of Support

Depending on your situation, the following agencies and organisations may be able to provide additional support.

Victim Care Service	0808 178 1641
Domestic Abuse	
Victims Services	03300 165 112
Paragon DV	0800 916 9878
Crisis Team	0330 123 3924
Samaritans	116 123

IN AN EMERGENCY DIAL 999

How can I contact STAR Counselling?

Please contact us on:

Telephone

01329 760260

Email:

youcounselling@theyoutrust.org.uk



*YOU: a family, creatively
empowering people to thrive in
their communities.*



Registered Address:

Delme 1, Delme Place Cams Hall Estate,
Fareham, Hampshire, PO16 8UX

feedback@theyoutrust.org.uk

www.theyoutrust.org.uk

The YOU Trust is registered in England no. 1898188 and is
a registered charity no. 291489

STAR Counselling

Counselling for Men



Counselling

Sexual assault and rape for men and women may lead to confusion about sexual orientation, sense of 'maleness' and anger/self-loathing about societal perception of men as aggressors and females as victims which negates your experiences.

We offer specialist support for male survivors of sexual trauma. We offer a range of options, group support, telephone support and counselling. Our 'Space to Share' is for male clients.

Our individual specialist counselling will offer face to face, or virtual with camera off, using apps or phones, you may want 15 minutes, 30 minutes or a full counselling hour – all will be available.

Space to Share offers specialist counselling at a time that suits YOU, virtually or face to face, phone or text or emails. We work with each person to find their space to share.

Whilst our staff team are based in Hampshire and Isle of Wight, we work with men who experience sexual violence/abuse as part of domestic abuse in Dorset, Somerset and West Sussex and would be able to offer any virtual element of this provision in those areas too.

Groups

We offer a 6-week group work programme aimed at adults, that is beneficial either pre or post counselling as it focusses on skill building and learning about self. These groups will be gendered for males, or those who identify as male, and facilitated by a male or a female, depending on your preferences.

The 6-week adult group programme focusses on communication, conflict management, understanding anger/core beliefs, relationship and needs, loss and grief and ends with exploring guilt, blame and shame. The whole of Space to Share is about coming to terms with the abuse, learning to live with it and moving on away from it.

You may not want your family to know you are seeking help and want spaces that are away from their home life, we will tailor the time to suit YOU.

"I feel that I have a much healthier mindset now which is enabling me to deal with life difficulties and conflicts instead of instantly feeling overwhelmed."

Male Client

Your voice matters....

We support all male groups and work with our colleagues and partners across our areas to make sure our message is inclusive of all communities.

We help to ensure that male voices are heard not only with their experiences but the positive impact that sharing has had on them – and is designed to support other males to seek help.

You can participate with our quarterly focus groups where your voice can help The YOU Counselling Centres. Providing us with much needed feedback, you can talk about what you would like to see in the group sessions, how they are run, how you want us to market and promote our services and much more. Its a great opportunity to meet other people who have had similar experiences.

If you would like to be involved with this please see our welcome pack on the website for more information.