



**you** Counselling Centres

## Other Sources of Support

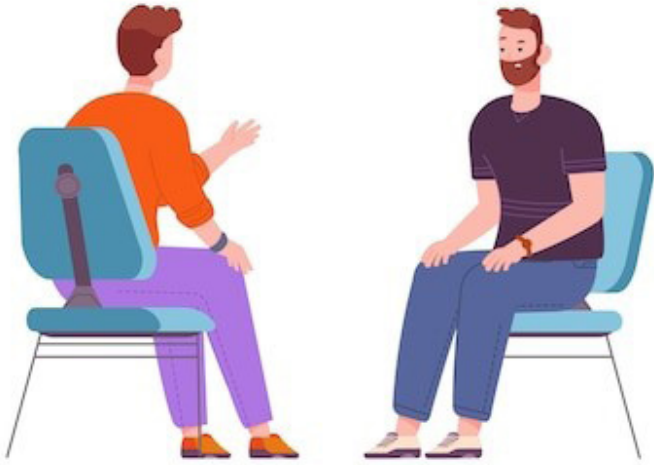
Depending on your situation, the following agencies and organisations may be able to provide additional support.

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Victims Care Service	<b>0808 178 1641</b>
Domestic Abuse Victim Services	<b>03300 165 112</b>
PARAGON Hampshire	<b>0800 916 9878</b>
Crisis Team	<b>0330 123 3924</b>
Samaritans	<b>116 123</b>

**IN AN EMERGENCY DIAL 999**

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**TESSA** | Therapeutic  
Emotional Support  
for Sexual Abuse  
East

## How Can I Contact STAR Counselling?

Please contact us on:

**Telephone:**  
**01329 760260**

**Email:**  
**[youcounselling@theyoutrust.org.uk](mailto: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, Hants PO16 8UX

**[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)**

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



## STAR Counselling

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## Space to Share for Men

## Working with YOU

Sexual Trauma and Recovery (STAR) Counselling offers 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.

Individual counselling is available face-to-face or virtually, on or off camera (via app/mobile phone). We offer 15-minute, 30-minute, and full hour counselling sessions according to your preference.

We offer a 6-week group work programme aimed at adults. This can be beneficial both pre- and post-counselling as it focuses on skill building and learning about oneself.

We will have male facilitators, but will notify you if only a female facilitator is available.

Whilst our staff team are based in Hampshire and on the Isle of Wight, we work with men who experience sexual violence/abuse in the context of domestic abuse in Dorset, Somerset, and West Sussex, offering all virtual elements in these areas.

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### For more information:

Website: <https://starcounselling.org.uk>

Email: [youcounselling@theyoutrust.org.uk](mailto:youcounselling@theyoutrust.org.uk)

Facebook: [facebook.com/STARCounsellingCentre](https://www.facebook.com/STARCounsellingCentre)

## We are with YOU

Sexual assault and rape may lead to confusion about sexual orientation, sense of 'maleness', and anger/self-loathing about the societal perception of men as aggressors and women as victims. This may conflict with your own experiences.

We support all male groups, working with colleagues and partners across our areas to ensure that our message and work are inclusive. We help to ensure that male voices are heard not only regarding their experiences, but also around the positive impact that sharing has had on them, with the goal to encourage other males to seek help.

Space to Share offers specialist counselling at a time that suits you, with counselling available virtually, face-to-face, by phone, text, or email. We work with each person to find their own personal space to share.

**"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

## How we work

You may not want your family or friends to know you are seeking help. The Space to Share is about giving you the time you want, rather than conventional counselling sessions. We will tailor the time to suit YOU.

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

We have aspirations to build an allotment project, which may be another way for you to seek support and recovery. If you wish to join, please speak with the team.

### Feedback:

*'Group therapy is such a powerful thing. I have learnt so much about myself by attending groups.'*

*'I always find these sessions very helpful.'*

*'Provided me with an understanding of how I manage conflict.'*

*'Realising where I am stuck and working through it.'*

*'I recognised unhealthy coping strategies and have been able to be more aware of the seeds I water.'*

*'Our session on anger was useful as it allowed me to be more reflective.'*