

Contact Us

For more information about our Adult Therapeutic Services, and how to access support please get in touch with us.



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therapies@yellowdoor.org.uk



30 Brookvale Road

Southampton

SO17 1QR

(by appointment only)

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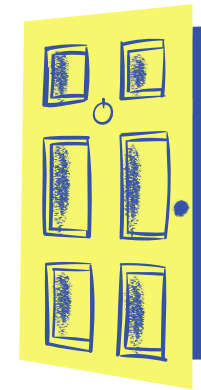


YellowDoorSol



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Yellow Door (Solent) is a registered charity (1111753) and a company limited by guarantee (5486084) registered in England and Wales.



**ADULT
THERAPEUTIC
SERVICES**



**Preventing and
Responding to
Domestic and
Sexual Abuse**

At Yellow Door, we have over 30 years' experience providing discreet and compassionate support across Southampton and Western Hampshire, to those who have experienced abuse at any point in their lives.

Our services are free to access, and available to anyone.

What can I expect?

We will contact you once we have your referral to invite you to an initial assessment. This meeting will give us a chance to get to know you, and to start to think about which of our services might be best for you at this time. We will always do our best to offer you appointment times that fit around your commitments.

We offer support in a range of ways including one-on-one counselling, groups, telephone or remote contact via Zoom

What are therapeutic services?

Our team is made up of qualified counsellors who offer a number of different services to allow you to explore difficult thoughts, feelings and experiences in interactive ways.

“It helped me understand myself better and learn to control my anxiety and give me confidence in myself again”

Quote from an Adult Therapeutic client

Our services include

Counselling

One-on-one talking therapy using various techniques to help those who have experienced sexual abuse or violence. Your appointment will generally be at the same time each week, lasting 50 minutes.

Emotional Coping Skills Group

This group is available for those who are struggling with managing feelings and emotions and who are seeking to find ways of better managing their ability to cope in day to day life.

"Then & Now"

This weekly group has been developed as a specialist therapeutic group for adults who experienced sexual abuse in childhood. It offers a safe space to explore thoughts, feelings and experiences in a group setting.

Safer Relationships

This weekly group is people who have experienced abusive relationships. This can be through experiences of physical violence and intimidation; psychological and emotional abuse; or excessive financial control and abuses. This group looks at what unhealthy behaviour within relationships can look like and seeks to establish healthy ways of creating safe and happy relationships.

How can I refer?

If you are interested in finding out more about how the service can help you, please contact us via any of the methods on the reverse of this leaflet.