

Welcome to The Green House

We have been providing quality counselling for over 25 years. Our services are free and based in Bristol. All our counsellors are trained and experienced.

You can find out more information about us at:

www.the-green-house.org.uk

0117 935 1707

info@the-green-house.org.uk

Trust and confidentiality are important to us

We do not pass on information about you to anyone (including whether you have contacted us) unless we have explicit permission, we are required by law to do so, or we are concerned about your or another person's safety. If we have to contact another agency, we would discuss this with you beforehand whenever possible.

Other sources of support

If you need urgent help please contact your GP or the emergency services. Samaritans is a national organisation which provides confidential, emotional support 24 hours a day. Call 116 123 (for free) or visit www.samaritans.org

To find out more about local sexual abuse services, visit www.survivorpathway.org.uk



The Green House is a registered charity.
Registered Charity Number 800806.

The Green House is a company limited by guarantee.
Registered in England 2414332.

The Green House adheres to the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy BACP Organisational member (No. 169416).

The Green House adheres to The Survivors Trust National Standards.

SERVICES FOR ADULTS

Free specialist counselling for people aged 18 and over who have experienced any kind of sexual abuse or assault, and support for their families.





We are here to support you

Counselling aims to help you deal with and overcome issues that are causing pain or making you feel uncomfortable. It can provide a safe and regular space for you to talk and explore difficult feelings. Your counsellor is there to support you, they will respect your views and will not judge you. They will not give you advice, but will help you to find your own insight and understanding of your problems.

“The Green House has been very warm and welcoming. They gave me space to express my feelings and made it feel safe to do so.”

Contact us to book an assessment.

We will take your contact details and offer you an initial assessment with a senior counsellor.

What is an initial assessment?

This is a meeting with a senior counsellor to discuss your needs and for you to ask any questions about the service. We will ask you to complete some forms. We can help you with this if you need assistance.

The counsellor will explore with you the ways in which we might help you and what you might be hoping to get from counselling. If you are unsure about counselling then the assessment is a good place to consider this further.

If you and the counsellor both decide that counselling could be helpful, we will offer you this as soon as we can. We will try to give you an indication of when counselling might start, but waiting times can vary.

What happens after my assessment?

We will offer you a weekly counselling slot as soon as a space is available.

What do we expect from you?

Your counselling sessions will last 50 minutes and will be at the same time and place each week. They will be at the same counsellor - although they may be different from the one you met at your assessment. You will need to attend your counselling session as regularly as possible, and on time. Please let us know if you change your mind or cannot make an appointment.

What if I am not ready for counselling?

If you or your counsellor feel it is not a suitable time for therapy, there are a range of other local services that may be helpful. More information about these are available on our website.