

## HOW DO I START?

*"I found it hard to make the first call, I broke down and said I would have to call back - you were great and said that was fine."*

You can refer yourself to our service or an advocate or someone you trust can approach us on your behalf. Other professionals can also refer into the service.

If you want to talk to someone, we now have a free dedicated helpline (0800 028 2678) open 10am to 2pm on Tuesdays, Wednesdays and Thursdays. We also offer a drop-in service on those days and during those times.

you would like to ask for support or simply to find out more, then call our Appointments Line (below) or email [info@sailderbyshire.org.uk](mailto:info@sailderbyshire.org.uk).

Referral forms are also available on our website.

We aim to offer you an initial meeting to discuss your needs and explore what support is right for you within two weeks of you contacting us. If SAIL is not able to provide what you need, then we will try and help you find alternative support.



## EQUAL OPPORTUNITIES

SAIL actively promotes equal opportunities and is committed to building a service whereby everyone is valued regardless of their background.

If you have a disability or any specific needs then please do not hesitate to contact us or ask an advocate or someone you trust to approach us on your behalf. We will do our best to meet your requirements and listen to any needs or concerns you may have.

Appointments Line  
01246 559 889

## HELP US TO MAKE A DIFFERENCE

Your experience of SAIL is important to us. We value your feedback to help us improve our services. To share your views, or make a formal complaint, please contact SAIL's Manager, either by phone on 01246 556114 or in writing.

Our counselling service is free of charge. However, in spite of our continued efforts, our funding does not meet all of our costs. Please consider supporting this vital counselling service by making a donation. Details of how to contact to SAIL are available on request.

*"Counselling has changed my life, which I didn't think was possible. By talking I let go of the guilt and pain that held me back for years. I feel like I have had a total personality change. Thank you!"*

### SAIL

12 Soresby Street  
Chesterfield  
Derbyshire  
S40 1JN

Email: [info@sailderbyshire.org.uk](mailto:info@sailderbyshire.org.uk)

Free Helpline: 0800 028 2678  
(open Tuesdays, Wednesdays, Thursdays, 10-2pm)

Appointments Line: 01246 559889  
(answer machine available)

Find us Online:

[www.sailderbyshire.org.uk](http://www.sailderbyshire.org.uk)

Facebook: [sail.derbyshire.1](https://www.facebook.com/sail.derbyshire.1)

Twitter: [@SAILCounselling](https://twitter.com/SAILCounselling)

Supported by North Derbyshire CCG

Registered Charity No. 1152263

Helpline Tuesday, Wednesday, Thursday  
10-2pm 0800 028 2678

# SAIL

## Sexual Abuse and Incest Line



## 'Surviving and Thriving'

### INFORMATION

### ABOUT

### OUR SERVICES



Appointments Line  
01246 559 889

## WHO ARE WE?



SAIL is a registered charity based in Chesterfield. We offer free, specialist counselling for adults aged 18 and over in Derbyshire who have experienced childhood sexual abuse, incest or sexual violence.

Counselling is delivered in locations across the county.

All Counsellors are qualified or on placement from Universities and Colleges and have a deep understanding of the recovery journey.

Ongoing support and supervision is provided to ensure they are working to the highest professional standards.

SAIL follows The British Association for Counselling & Psychotherapy's Ethical Framework. Please ask if you would like more information about this.

## HOW CAN WE HELP?

*"Counselling has allowed me to stop punishing myself for the abuse. I realised I am not a bad person, not a victim but a survivor."*

Talking about your life and feelings can be very frightening but it can help to breakdown feelings of isolation, enable you to make sense of the past and resolve difficult feelings such as anger or guilt. It can also help you to find your own solutions, manage or even overcome your pain.

Individual counselling is available for up to six months on a weekly basis. This can be extended if you and your Counsellor feel it would be helpful.

Counsellors work in different ways, but all seek to provide the safety and support you need.



## IS THIS FOR ME?

Not every survivor of childhood sexual, physical or emotional abuse understands the connection between these experiences and the difficulties they may now be experiencing as adults.

Some people find it more difficult to acknowledge the reasons behind their current struggles.

Feelings of depression, low self-esteem, guilt, eating or sleeping disturbances and difficulty trusting people, especially partners, are just some of the ways in which abuse can have a lasting impact on mental wellbeing.

We know that each individual has their own story to tell.

Regardless of how much time has passed since the abuse ended, the physical and emotional distress and fear can still be a very real and intense part of everyday life. It can be extremely hard to admit you have been abused and even more difficult to ask for help. We understand this and do not expect you to share your experiences unless you are ready.

*"SAIL is the only place where I feel totally safe. I feel that my counsellor is the only one who really understands how hard things are for me, how tormented I feel. My counsellor listens without telling me what to do. She and SAIL are my life-line."*

**SAIL aims to create safe environments in which to explore opportunities for healing and to realise one's own potential**

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