

MindsMatter talking therapies Lancashire
<https://www.lancashirecare.nhs.uk/Mindsmatter>

LANCASHIRE CARE NHS FOUNDATION TRUST

Lancashire Care NHS Foundation Trust

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Whether you smoke, vape or chew, the Quit Squad can help you

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Mindsmatter

Talking Therapies provided by Lancashire Care

Birchall Trust, for sexual abuse and rape, teenagers can refer themselves, located in Lancaster, Morecambe and South Lakes
<http://www.birchalltrust.org.uk/about.htm>

The Birchall Trust
Supporting survivors of Rape & Sexual Abuse
in South Cumbria and North Lancashire

info@birchalltrust.org.uk
01229 820828

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Support Birchall

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Alison's Skydive

The Birchall Trust was founded in 1991 and is a registered charity providing a free confidential counselling service for male and females, children, young people and adult survivors of recent or historic rape and sexual abuse in South Cumbria and North Lancashire.

The service is also available for partners, relatives and friends who want to talk about the effects of rape and sexual abuse in order to support their loved one.

We offer the following services:-

- Pre-Trial Therapy.
- One to one counselling sessions.
- Consultation to professionals working with survivors of rape and sexual abuse.
- Bespoke training to professionals working with survivors of rape and sexual abuse.
- Protective Behaviours "Feeling safe, standing strong" programme.

Our counsellors are specially trained to understand the issues and the impact of rape and sexual abuse and hold an enhanced DBS certificate.