

**Southmead Project**

If you are interested in  
counselling please contact  
the Southmead Project on:

**E-mail**

[admin@southmeadproject.com](mailto:admin@southmeadproject.com)

**Phone**

0117 950 6022

# Counselling

**For survivors of  
abuse and trauma**

**Southmead Project**

165 Greystoke Avenue, Southmead

Bristol BS10 6AS

Tel: 0117 950 6022

[admin@southmeadproject.com](mailto:admin@southmeadproject.com)

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

[southmeadproject.org.uk](http://southmeadproject.org.uk)

# FREE COUNSELLING FOR SURVIVORS OF ABUSE AND TRAUMA



**We are committed to providing a safe and supportive space to enable recovery from past experiences of abuse.**

Survivors may have experienced recent or historic abuse, including:

- Sexual abuse
- Physical abuse
- Emotional abuse
- Domestic violence
- Neglect

If you are interested in counselling please call **0117 9506 022** or e-mail **admin@southmeadproject.com** to discuss how to make a referral.

**Up to 42 sessions  
of one-to-one  
counselling**

**Available for women  
and men aged 16  
years old and over**

**Sessions take  
place at Southmead  
Project and are  
open to anyone  
living in Bristol and  
surrounding areas**

