

**Southmead Project**

If you are interested in Nexus counselling please ask your support worker to contact the Southmead Project on:

**E-mail**

nexus@southmeadproject.com

**Phone**

0117 950 6022

# Nexus Counselling

**For survivors of  
abuse who have  
an addiction**

**Southmead Project**

165 Greystoke Avenue, Southmead

Bristol BS10 6AS

Tel: 0117 950 6022

nexus@southmeadproject.com

www.southmeadproject.org.uk

southmeadproject.org.uk

# FREE COUNSELLING FOR SURVIVORS OF ABUSE WHO HAVE AN ADDICTION TO DRUGS OR ALCOHOL



**Jo Kelley**  
(Nexus Counsellor)

**We work with clients who are engaging with drug or alcohol services but are struggling to maintain recovery from addiction due to the intensity of their trauma symptoms.**

Our Nexus counselling focuses on becoming more stable and reducing someone's alcohol or drug intake. It also provides support and practical strategies to help deal with anxiety, depression and flashbacks and helps someone to better understand post-traumatic stress disorder symptoms and related mental health difficulties.

If you are interested in Nexus counselling please call **0117 9506 022** or e-mail **nexus@southmeadproject.com**

Please note that in order to be referred you need to be engaged with a drug or alcohol service and your support worker will need to refer you.

**12 sessions of one-to-one counselling**

**Focus is on becoming more stable and reducing alcohol or drug intake**

**Sessions take place at Southmead Project and outreach locations across Bristol**

**Long-term counselling afterwards if appropriate**