

Emotional Support while you wait for counselling

What does this mean?

What we do is not counselling, but we will be there to support you whilst you wait for the counselling you need.

The helpline advocate can support you with any emotional or personal experiences you may be suffering from, we can help to arrange other support if required.

Our advocate is trained to listen, give information, and offer feedback. They can help you to make sense of what you've been through, discuss your options and help you to feel like you're getting your life under control again.

Talking with us gives you the chance to get things off your chest and let go of distressing experiences.

While some people can do this with friends and family, it doesn't work that way for everyone, especially if those around you are affected too. We can provide a safe, neutral environment for you to voice your fears, worries and emotions. This helps a lot of people to cope and move forward after a crime.



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