

# Trauma Counselling Service



The **Recovery Connections Trauma Counselling Service** is an addition to the Recovery Connections family, a project in partnership with My Sister's Place funded by The National Lottery Community Foundation.

The service offers free and confidential counselling to anyone who may have experienced trauma and associated drug and alcohol use.

You'll be supported to understand the part trauma may have played in your own experiences of addiction and recovery and give you the tools and understanding to help aid and support you on your journey of recovery.

*Available via multiple channels:*

*Face-to-face*

*Online*

*Telephone*

Trauma-informed counselling is open to anyone in recovery living in Gateshead or Middlesbrough and the wider communities in those locations. Support may be accessible even if you aren't currently engaged in a recovery programme.



recoveryconnections.org.uk  
traumasupport@recoveryconnections.org.uk  
01642 351976



**COMMUNITY  
FUND**



# 'Trauma isn't what happened to you, it's what happens inside you.'

We can help. Healing is possible.

## What is trauma?

Trauma is the Greek word for "wound". Psychological trauma is damage to the mind that occurs as a result of experiencing a distressing event. Trauma involves feeling overwhelmed by difficult life experiences that can lead to physical, emotional and substance use problems. Trauma can come in many forms such as domestic or family violence, intimate partner violence, sexual abuse, emotional abuse, physical abuse, natural disaster, surgery, bereavement/loss/death, poverty, racism or anything else that you feel is distressing and has a lasting negative impact on you.

## How do I access support?

To access the Trauma Counselling service, get in touch via [traumasupport@recoveryconnections.org.uk](mailto:traumasupport@recoveryconnections.org.uk), 01642 351976 or contact your keyworker.



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