



Other Sources of Support

Depending on your situation, the following agencies and organisations may be able to provide additional support.

The National DV Helpline	0808 2000 247
The Survivors Trust	0808 801 0818
Rape Crisis Helpline	0808 802 9999
Respect Perpetrators	0808 802 4040
Respect Men's Advice	0808 801 0327
Galop LGBT Domestic Abuse	0800 999 5428

IN AN EMERGENCY DIAL 999



How can I contact PARAGON?

Please contact us on:

Hampshire	0800 916 9878
Dorset	0800 032 5204
Isle of Wight	0800 234 6266
Somerset	0800 694 9999
Sussex	01403 229 017

Counselling

Hampshire	02392 794357
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YOU: a family, creatively empowering people to thrive in their communities.



Registered Address:

Delme 1, Delme Place Cams Hall Estate,
Fareham, Hampshire, PO16 8UX

feedback@theyoutrust.org.uk
www.theyoutrust.org.uk

The YOU Trust is registered in England no. 1898188 and is a registered charity no. 291489



PARAGON
TOGETHER EMPOWERING CHANGE

Counselling

Who We Are

PARAGON are a team of passionate people working in domestic abuse, sexual violence, and stalking services. We are a team with lived, worked, and life experiences which we use to help the people we work with and each other.

We believe there is no 'you and us' — only us. We work together with you, using our combined experiences and knowledge to help you with your decisions. The diversity of our staff means we have the knowledge, skills, and experience to work with people from many communities, including LGBTQ+, BAME, and the elderly.

PARAGON offers support, advocacy, advice, guidance, and information to women, men, and children as victims and survivors of domestic abuse and for those people who cause harm to others in their relationships.

We strive to offer inclusion, innovation, and excellence to ensure that our support is right for you. If we get it wrong, please tell us, and together we can make it right.

For counselling contact us on:

Email: youcounselling@theyoustrust.org.uk
Call us: 02392 794 357



Counselling with Paragon

Opening up and talking about the Domestic Abuse you have experienced or are experiencing may be a daunting thought. Our PARAGON team of counsellors are specifically trained within a DA trauma framework, meaning they are experienced in working in the area of Domestic Abuse including the psychological impacts and psychosocial aspects it brings with it, whether this be physical violence, emotional, financial, or psychological abuse including coercive control, honour-based violence/FGM, and modern slavery.

We can work with you if:

- You've experienced domestic violence and/or abuse
- You've experienced recent or historic sexual violence/abuse
- You're a child/young person who has witnessed domestic abuse
- You're using abusive behaviours in your relationships and are committed to changing
- You've been/are being stalked
- You are living in safe accommodation or had target hardening.

"...create a safe environment in which I feel that I can be open and honest. She is aware, empathic, and understanding..."



Paragon Counselling Portsmouth

We work in partnership with Family Action PARCS for our Paragon Portsmouth Project this is available for clients who have experienced Domestic Violence living in safe accommodation who live within PO1-PO6. Referrals which come through us will be allocated to our YOU Counselling or our partners Family Action PARCS team.



We also accept referrals from:

- Hampshire
- Isle of Wight
- Somerset
- Sussex
- Dorset

Email: youcounselling@theyoustrust.org.uk
Call us: 02392 794 357