

"I think it is an amazing service you offer. I don't know what I'd have done without your support."

## We're Here For You

Services: 0121 643 0301

Helpline: 0121 643 4136

[www.rsvporg.co.uk](http://www.rsvporg.co.uk)

[info@rsvporg.co.uk](mailto:info@rsvporg.co.uk)

limelight

Winners of exceptional  
ISVA Team 2016

★  
2018  
Winner

GSK IMPACT Awards  
In partnership with  
The King's Fund

ABCC OUTSTANDING  
BUSINESS OF THE  
YEAR 2019

WINNER OF THE  
OUTSTANDING CHARITY OF THE  
YEAR AWARD



Registered with  
FUNDRAISING  
REGULATOR

Only RSVP is registered with the Fundraising Regulator

Charity Number 1134387

Company Number 06862873

## How We Can Support You

### Wellbeing Social Groups

Our groups are informal and friendly, a chance for you to meet, socialise and take part in different, fun activities. They meet once a month, at different times.

Women's Day Group  
Women's Evening Group  
Young Women's Group  
Mixed Gender Group  
Chinese Women's Group  
Connections (Female Asylum Seekers & Refugees' Group)  
Coffee Mornings  
Arts and Crafts Group, known as Arts with Hearts

"I think it is an amazing service you offer. I don't know what I'd have done without your support."

## Other Services We Provide

- Children and Young People's Counselling and Wellbeing Services
- Children and Young People's Advocacy
- LGBT+ Advocacy
- Race and Equality Advocacy
- Sex Worker Advocacy

### Training for External Organisations

We can design, organise, and deliver training for external organisations on the effects and impacts of sexual violence and abuse. Email: [trainer@rsvporg.co.uk](mailto:trainer@rsvporg.co.uk)

**For more information on all the services we offer please contact us or visit our website.**

## Get In Touch

Services: 0121 643 0301  
Helpline: 0121 643 4136

[www.rsvporg.co.uk](http://www.rsvporg.co.uk)  
[info@rsvporg.co.uk](mailto:info@rsvporg.co.uk)  
[isva@rsvporg.co.uk](mailto:isva@rsvporg.co.uk)

RSVP, PO Box 9558  
Birmingham, B4 7QE

@RSVP\_West\_Mids

facebook.com/RSVPWM

instagram.com/RSVPWM

RSVP/West/Midlands

"RSVP do more than support you, they give you a reason to keep on living."



# Adult Counselling & Wellbeing Services

For people who've been subjected  
to sexual violence and abuse

0121 643 0301

[www.rsvporg.co.uk](http://www.rsvporg.co.uk)

[info@rsvporg.co.uk](mailto:info@rsvporg.co.uk)

#ibelieveyou

We support people who have been subjected to sexual violence and abuse to thrive and enjoy a future of hope and confidence. We boldly stand with survivors and challenge victim blaming attitudes.

We provide compassionate, confidential, and free services to children and adults of all genders living in Birmingham and Solihull.

We offer some women-only times and services.

We work in ways that recognise your rights and know that survivors come from all walks of life.

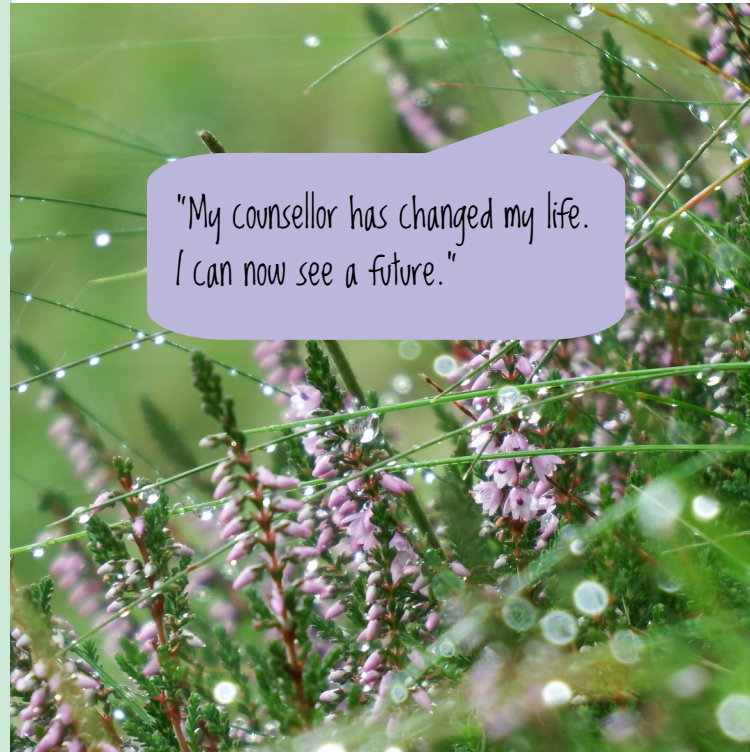
We're committed to equality regardless of age, disability, economic status, gender reassignment, gender identity, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sexual orientation or sex.

We'll support you to make the decisions and choices that are right for you.

Our services are free, but if you're able we can provide information about paid therapy and counselling with our sister organisation GINA. There's no waiting list for this private service. Contact GINA on: [hello@gina.uk.com](mailto:hello@gina.uk.com)

**Our services are offered from Birmingham City Centre and a few other locations around Birmingham and Solihull too. Ask for more details.**

- **We are bold.** We'll support you to make the decisions and choices that are right for you.
- **We believe.** We'll listen, believe you, and will not judge you.
- **We are big-hearted.** We'll show you the empathy you deserve and need.



## WHAT WE DO

### Adult Counselling

We can support you, your partner, family and friends through time limited counselling. Appointments are offered at different times that would suit you best, every day of the week, with counsellors of different genders for you to choose from. We offer face-to-face, telephone, online counselling or a blend of these, from our city centre or outreach sites.

### RSVP Support Hub

Counselling waiting times vary and you may have a significant wait. We know this can be difficult so we can offer you immediate support in other ways. This includes Taste of Recovery, a free online tool specifically created for survivors to use in times of need. For more information please contact us.

### Asylum Seeker & Refugee Support

If you're an asylum seeker or refugee and have been subjected to sexual violence, abuse or torture in the UK or another country, we offer counselling, practical support, and an informal social group. We work with interpreters so you can be supported in your own language.

### Pre – therapy/Counselling Groups

These female – only groups will help you explore and develop a toolbox of coping strategies, helping you learn more about the impact of trauma on both our emotional and physical wellbeing, should you need support while you wait for counselling.

### Support for Adults Supporting Children

If you are a parent, carer, or loved one we have a Supporters' Programme which explores ways you can support young survivors, and a Supporter's Circle, where supporters can come together and talk.

### Helpline & Webchat Support

Our trained helpline and webchat workers are there to listen and support you and those around you, helping you with any decision you want to make and build up your coping skills. They provide information on RSVP services and services offered by other organisations.

### Self-Help Information

We provide self-help information about a range of issues and strategies that can help you cope. Available to view or print from our website, or contact us to have a paper copy sent to you.

You can also access the fabulous range of free resources that GINA, our sister organisation, have developed: [www.gina.uk.com/resources](http://www.gina.uk.com/resources)

You can also access free resources specifically for male survivors: [www.rsvporg.co.uk/services/male-survivors/](http://www.rsvporg.co.uk/services/male-survivors/). These include ones from the Male Survivors Partnership.