






# Trauma Counselling Line Scotland (TCLS)



**A free telephone counselling service for  
adults who experienced abuse in childhood**



-  08088 02 04 06
-  [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)
-  [health-in-mind.org.uk](http://health-in-mind.org.uk)
-  [healthinmindscotland](https://www.facebook.com/healthinmindscotland)
-  [@Health\\_in\\_Mind](https://twitter.com/Health_in_Mind)

# Health in Mind is a charity promoting positive mental health and wellbeing across Scotland.

## About Health in Mind

We've been promoting positive mental health and wellbeing in Scotland since 1982. Our hopeful and caring approach supports and empowers each person to live the life they want to live.

We offer flexibility and choice through our range of services and support people to make changes and improve their quality of life.

## Services

People who use our services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.

Our approach is inclusive and we are keen to break down the barriers which prevent people from accessing resources that could improve their mental health and wellbeing.

## Training

Our training courses develop knowledge, skills confidence and understanding about mental health and wellbeing. We offer a range of nationally recognised, certificated courses including Scotland's Mental Health First Aid and ASIST. We specialise in Trauma Training and offer training at three levels. We also offer in-house and bespoke training in the workplace.

Further information about our training courses can be found on our website or by contacting our training team.

**Email:** [training@health-in-mind.org.uk](mailto:training@health-in-mind.org.uk)

**Call:** 0131 225 8508

**[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)**

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## Who is TCLS for?

Anyone aged 16 or over living in Scotland, who has experienced abuse in their childhood and:

- is from a minority ethnic community  
or
- has a disability - this can be a mental health condition  
or
- lives in one of the following rural and remote Local Authority areas:

Aberdeenshire  
Argyll and Bute  
Clackmannanshire  
Dumfries and Galloway  
East Ayrshire  
East Lothian  
Eilean Siar  
Highland  
Moray  
Orkney  
Perth and Kinross  
Scottish Borders  
Shetland  
Stirling

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## **How does TCLS work?**

We have daytime and evening appointments available.

As it is telephone counselling, you don't need to worry about travelling to your appointment; you just need a quiet place where you can talk to your counsellor.

You will have weekly appointments with the same counsellor, which means you won't have to repeat what has happened to you each time you call.

The service is free and confidential. The phone call will not show up on your phone bill.

All our counsellors are fully trained, highly experienced and from a range of ethnic backgrounds.

We offer the service in English and:

- French
- Polish
- Urdu
- Punjabi
- Luganda

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## What is abuse?

Child abuse is any action by another person, adult or child, that causes significant harm to a child.

A person may have experienced more than one type of abuse over a period of time, or it could have been a one-off event.

### Physical abuse

This involves anyone intentionally causing a child physical harm. This can include hitting or kicking a child.

### Sexual abuse

This involves encouraging or making children participate in sexual activities.

### Emotional/Psychological abuse

This involves criticising, isolating, intimidating or humiliating children - behaviour that could damage their sense of self-esteem and security.

### Neglect

This involves a failure to provide the child with their basic needs, leading to their physical or emotional health and development being damaged.

This can include not providing sufficient clothing or a bed to sleep in, or a child believing they are not loved.

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## What is counselling?

Counselling can help people take greater control of life and improve their confidence.

Counselling is a safe place for people to talk about the difficulties they have in their lives.

It can be used to talk about the abuse people have experienced, to help people understand and make sense of it and the impact that it has had on them.

The counselling relationship can support people to manage difficult emotions or memories, and help to build trust and relationships with others. This can help them explore how the past has prevented them from living the life they want to lead.

## How can I access the service?

You can get further information and make a referral by:

calling us directly on: **08088 02 04 06**

or by emailing: **[counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)**

You can find more information about TCLS and Health in Mind on our website.

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## **What people have said about TCLS**

**'Throughout my counselling sessions I felt able to tell my story, a story that I had locked away for all these years. My Counsellor listened to all that I had to say and I was able to start the healing process.'**

**'Working with a TCLS Counsellor, I felt safe, and my impression was of great skill, knowledge and experience, and of genuine communication and connection.'**

**'We shared light-hearted moments, amidst all the difficult work. There was nothing fixed, rigid, or formulaic, but rather a relationship that felt like counselling, parenting and mentoring at different times.'**

This service is funded by:







**Scottish Government**  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)

**[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)**

## Get in touch

For further information on Health in Mind services, volunteering, employment opportunities, feedback/ complaints procedures, or for information about how you can support our work please contact us at:

-  0131 225 8508
-  [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)
-  [health-in-mind.org.uk](http://health-in-mind.org.uk)
-  40 Shandwick Place, Edinburgh EH2 4RT

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