

What people say about our Adult Service:

“This is the first service that I have stuck with as I haven’t been judged for my past”

“My counsellor has really helped me understand my past and feel better about it”

“I feel listened to and heard”

“My counsellor has helped me to discover purpose, belonging and peace - I am eternally grateful”



wellbeing
scotland

14 Bank Street
Alloa FK10 1HP

Registered charity: SC024065

Registered company: SC365238



01324 630100



info@wellbeingscotland.org



wellbeingscotland.org

Mon - Thurs: 9am - 5pm

Friday: 9am - 3pm



Adult Service

Trauma-informed support for adults who have experienced child abuse



FOLLOW US



@WeAreWellbeingScotland



@wearewellbeingscotland



wellbeing
scotland

About Wellbeing Scotland

Wellbeing Scotland works with people who have experienced child abuse. We recognise the lasting impact that child abuse can have on wellbeing and offer a range of free services delivered by a caring team of expert practitioners. We have a specialism in supporting adults who experienced abuse in the care system, including help with retrieving historical records for applicants to Scotland's Redress Scheme.



Referral & Assessment

Following a Referral, your first contact will be with our Triage Worker, who is an experienced trauma counsellor. They will outline our support pathway and the types of support on offer, whilst assessing your needs. This involves finding out about your present circumstances and wider support network so that we can establish what is important for you and help you to set your own goals.

Emotional Support Safety and Stabilisation

Emotional Support aims to help you establish emotional safety and prepare you for counselling. Understanding your reasons for seeking therapy can help you to feel ready to see a therapist for the first time. Taking the time to decide what is important to you and why you want to access Counselling will help you and your therapist get the most out of your sessions.

You will be offered up to 6 weeks with an Emotional Support Worker, reviewed and tailored to your needs. Once emotional support work has been completed you can choose to move onto Counselling or decide to end your healing journey at this point.

One to One Counselling Trauma Processing

Counselling offers a safe and confidential space to explore the impact your childhood experiences are having on your health, wellbeing and quality of life. Our approach recognises that everyone's experience is individual to them, and the support we offer is tailored around your personal needs and goals.

You can access up to 11 weeks of one-to-one Counselling sessions, this will be adapted and reviewed throughout your therapy. You will be invited to complete a satisfaction questionnaire when your block of Counselling ends.

Group Work Reconnection and Integration

Following completion of the Counselling process you may choose to conclude your journey with us or to progress onto Group Work sessions. Emotional Support at this stage can offer further safety and stabilisation to prepare for a successful transition into a group setting.

Tailored Group Work sessions can be delivered for up to 12 weeks, creating a safe space to share experiences with other people impacted by childhood abuse and make connections.

Beyond Group Work there may also be an opportunity to attend Reflect and Connect sessions, which can run for up to 12 months after concluding support. These sessions provide connection with an established support network, whilst you move on to new and exciting opportunities.

Who can access the service

This free service is available to people age 16+ living in Scotland who have experienced child abuse, and people age 16+ living anywhere who experienced child abuse in a Scottish care setting such as a children's home, foster care, long stay in hospital or boarding school.

You can self-refer or you can ask a friend or family member to call on your behalf. You may prefer your GP, health visitor or social worker to make the call with your consent. Our Triage Worker will contact you within 8 weeks of your referral being received.